

AQUATIC PROGRAMS

Before You Dip Into the Pool Frequently Asked Questions and Answers for Aquatic Programs

When should we arrive: Please, no more than five minutes before class and please pick up promptly at the end of class. Swim instructors are unable to supervise the child(ren) outside of class time.

What TO bring and NOT TO bring: Must provide own suit and towel. Proper swim attire required—no cut-offs, shorts, and/or t-shirts, and no 2-piece swim suits (bikinis). Long hair should be pulled back. The Park and Rec Department is not responsible for lost/stolen items. No food or drink is allowed in the pool/locker room areas. (Water in a plastic bottle is acceptable).

Locker Room: Showers must be taken prior to swimming. Please use only the **LIGHT** colored lockers and bring your own lock. Children of the opposite sex may accompany a parent in the locker room if 5 years of age or under. Children ages 6 and above are expected to use the designated locker rooms—males in the boys/females in the girls.

Spectators: Parents will be allowed to observe instructional classes on the first day, observation day, and the last class only! No spectators on deck/bleachers during lessons or open swim time (State Code).

Pool Entrance For Summer Only: Please use doors on the east side of the high school. (B11)

Water Temperature: 80-82 degrees

Open Swim: Children 6 and under must have someone 16 years or older in the water and within arms reach of the child **AT ALL TIMES**. Pool rules enforced by lifeguards. Use of pool toys (noodles or dive rings, etc.) is at the discretion of the head lifeguard.

Parent/Child Swim Lessons ages 6 months through 3 years with parent/caregiver

Splash, splash ... become comfortable in a water environment! Here's an excellent opportunity for parents to acquaint their children with the water and begin the development of swimming techniques. Parents must accompany their children in the water at all times.

Dates/Times:

Session I	Mondays	6:15-6:45 p.m.	#111502.1
		June 12-July 24 (exclude July 3)	
Session II	Tuesdays	6:00-6:30 p.m.	#111502.2
		June 13-July 25 (exclude July 4)	
Session III	Wednesdays	6:15-6:45 p.m.	#111502.3
		June 14-July 26 (exclude July 5)	

Place: Greendale High School Pool
Fee per pair per session:
Resident \$30.00
Non-Resident \$40.00

Mini Masters Swimming graduates of Level 5 and up

Have you passed level 5 or 6 and want to swim but don't want to take lessons and are not old enough for or interested in a team. Look no further—Mini Masters is the program for you! Come join us in learning lap swim etiquette, swimming for fitness, games that will build strength and endurance, and much more! The first half of the class will be spent on lap swimming and the second half will be spent playing a game like Water Polo, Sharks and Minnows, or relay races. Participants, working with staff, will weekly develop a workout for the lap swim time and follow the workout with pointers provided by the instructor.

Dates: Tuesdays and Thursdays
June 13-July 27
exclude July 4 & 6
Time: 8:00-8:40 p.m.
Place: Greendale High School, Pool
Fee: Resident \$44.00
Non-Resident \$54.00

#121524.1

Note: This class is not for teaching technique, but refining what the participant already knows and preparing them for programs with competitive swimming and situations where they would have to share a lane to exercise.

Master Lap Swim ages 14 years and older and adults

Do you enjoy swimming and are looking for physical exercise by lap swimming? Join us for a great way to end your day and work on staying more healthy.

Dates: Tuesdays and Thursdays
June 13-July 27
exclude July 4 & 6
Time: 8:45-9:30 p.m.
Place: Greendale High School, Pool
Fee: Resident \$20.00
Non-Resident \$30.00

#111505.1



Pool Rentals

Add a little splash to your next event ... be it a birthday party, church group, scouts, club, or organization. Have a fun-filled time beating the summer heat!

Dates/Times: Friday Evenings
June 23-July 21
6:30 p.m. start time
Place: Greendale High School, Pool
Rental Fee: Up to 49 participants:
Resident \$50.00 per hour
Non-Resident \$60.00 per hour
50-99 participants:
Resident \$60.00 per hour
Non-Resident \$70.00 per hour

If you submit and pay for up to 49 people and more attend, only 49 people will be allowed to participate due to department ratios of users/staff. To reserve a date, pick up policies and an application from the Park and Recreation Office. *Requests must be made at least two weeks prior to requested usage.* Sorry, no food and/or drink will be allowed in the pool.



Learn to Swim Program

ages 6 and older

Make Swimming an Important Part of Your Child's Life!

Swim requirements offer a wide variety of activities to stimulate interest and motivate students to advance to the next level of swim instruction.

Students must provide their own suit and towel. To avoid distracting the children during classes, parents will be allowed to observe from the bleacher area during the FIRST CLASS, OBSERVATION DATE, and FINAL CLASS ONLY! Normal water temperature is 80-82.

Dates: Day Classes

Mondays through Thursdays

Session I June 12-22, Observation Date: June 15

Session II July 10-20, Observation Date: July 13

Session III July 24-August 3, Observation Date: July 27

Evening Classes

Session IV Tuesdays and Thursdays

June 13-July 20 (exclude July 4 & 6)

Observation Date: June 29

Session V Mondays and Wednesdays

June 12-July 19 (exclude July 3 & 5)

Observation Date: June 28

Place: Greendale High School, Pool

Fee per session:

Resident \$48.50

Non-Resident \$58.50

Skills indicated are the skills that will be taught at the level. Students, if they can do all the skills listed, should be registered in the next level.

Registration Note: During registration and until swim classes begin, you may only register for one session of swim lessons. Once you know whether your child will pass or not, then you may sign up for the next session of swim. Transfer fees (\$5.00) will be assessed for each class change.

Note: Second and third session offerings may be adjusted depending on enrollment and skill levels.

Level I

Introduction to Water Skills ... Learn basic water safety information including how to enter and exit a pool safely, experience buoyancy and breath control, floating and kicking, introduction to arm strokes. All skills done with assistance.

Ratios: 6 per instructor.

Session I	11:15-11:55 a.m.	#121501.1a
	1:30-2:10 p.m.	#121501.1b
Session II	11:15-11:55 a.m.	#121501.2a
Session III	12:00-12:40 p.m.	#121501.3a
Session IV	6:40-7:10 p.m.	#121501.4a

Level II

Fundamental Aquatic Skills ... Passed Level One, continue to practice floating and kicking on front and back, rhythmic breathing, combined strokes on front and back, treading water. Builds on water safety skills.

Ratios: 6 per instructor.

Session I	11:15-11:55 a.m.	#121502.1a
	1:30-2:10 p.m.	#121502.1b
Session II	12:00-12:40 p.m.	#121502.2a
	12:45-1:25 p.m.	#121502.2b
Session III	10:30-11:10 a.m.	#121502.3a
	12:00-12:40 p.m.	#121502.3b
Session IV	6:45-7:15 p.m.	#121502.4a
Session V	7:25-7:55 p.m.	#121502.5a

Level III

Stroke Development ... Passed Level Two, teaches survival float, elementary backstroke, coordination of front crawl, and backstroke. Participants are introduced to the scissors kick and butterfly kick. Builds on water safety skills.

Ratios: 6 per instructor.

Session I	12:45-1:25 p.m.	#121503.1a
Session II	10:30-11:10 a.m.	#121503.2a
	12:00-12:40 p.m.	#121503.2b
Session III	10:30-11:10 a.m.	#121503.3a
	1:40-2:20 p.m.	#121503.3b
Session IV	6:15-6:45 p.m.	#121503.4a
Session V	7:25-7:55 p.m.	#121503.5a

Level IV

Stroke Improvement... Passed Level Three, develops confidence and competency in front crawl, elementary backstroke, backstroke, begins breast-stroke, sidestroke, and butterfly. Builds on water safety skills.

Ratios: 10 per instructor.

Session I	11:15 a.m.-12:05 p.m.	#121504.1a
Session II	1:30-2:20 p.m.	#121504.2a
Session III	12:45-1:35 p.m.	#121504.3a
Session IV	7:15-7:55 p.m.	#121504.4a

Level V

Stroke Refinement ... Passed Level Four, refines and adds distance for front crawl, back crawl, sidestroke, elementary backstroke, breaststroke, and butterfly. Introduces flip turns and builds on water safety skills.

Ratios: 10 per instructor.

Session I	1:40-2:30 p.m.	#121505.1a
Session II	1:30-2:20 p.m.	#121505.2a
Session III	12:45-1:35 p.m.	#121505.3a
Session IV	7:15-7:55 p.m.	#121505.4a

Level VI

Swimming and Skill Proficiency... Passed Level Five; personal water safety, fitness swimmer; refines strokes to swim with ease, proficiency, power and smoothness over greater distances. With the new emphasis areas of Level 6, participants will take several semesters to complete.

Ratios: 10 per instructor.

Session I	1:40-2:30 p.m.	#121506.1a
Session II	1:30-2:20 p.m.	#121506.2a
Session III	12:45-1:35 p.m.	#121506.3a
Session IV	7:15-7:55 p.m.	#121506.4a

Swim Pretest

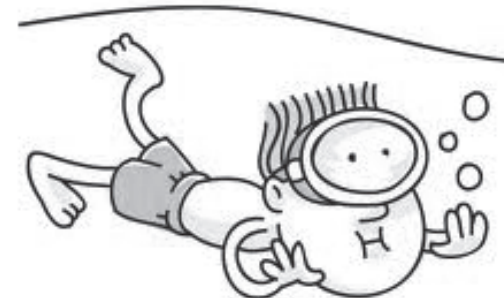
ages 6 years and older

New to the Swim Instruction program? Has it been a few years since the last lesson? This Swim Pretest provides an opportunity for:

- One-on-one skill screening
- Level placement
- Introducing yourself and your child to the facilities.

Advance registration is not required and there is no charge. First come, first served — meet the staff on the pool deck & sign in for your turn. Sorry, class registrations are not accepted at the pool site.

Thursday, May 4-6:00-7:00 p.m. or Monday, May 8-6:00-7:00 p.m.
Greendale High School Pool



Sea Squirts Swim Lessons

ages 4 and 5

Make Swimming an Important Part of Your Child's Life!

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Dates: Day Classes

Mondays through Thursdays
 Session I June 12-22, Observation Date: June 15
 Session II July 10-20, Observation Date: July 13
 Session III July 24-August 3, Observation Date: July 27

Evening Classes

Session IV Mondays and Wednesdays
 June 12-July 19 (exclude July 3 & 5)
 Observation Date: June 28

Place: Greendale High School, Pool

Fee per session:

Resident \$48.50
 Non-Resident \$58.50

Skills indicated are the skills that will be taught at the level. Students, if they can do all the skills listed, should be registered in the next level.

Registration Note: During registration and until swim classes begin, you may only register for one session of swim lessons. Once you know whether your child will pass or not, then you may sign up for the next session of swim. Transfer fees (\$5.00) will be assessed for each class change.

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Thursday, May 4-6:00-7:00 p.m. or Monday, May 8-6:00-7:00 p.m.
 Greendale High School Pool

Sea Squirts I

Introduction to Water Skills ... Helps children feel comfortable in the water and enjoy the water safely while learning how to float, kick and do elementary strokes.

Ratios: 6 per instructor.

Session I	12:00-12:40 p.m.	#121521.1a
Session II	12:45-1:25 p.m.	#121521.2a
Session III	11:15-11:55 a.m.	#121521.3a
Session IV	6:50-7:20 p.m.	#121521.4a

Sea Squirts II

Fundamental Aquatic Skills ... Passed Sea Squirt One, works on floating without support, builds on kicking and basic swimming skills by increasing distance while decreasing support.

Ratios: 6 per instructor.

Session I	12:10-12:50 p.m.	#121522.1a
Session II	11:15-11:55 a.m.	#121522.2a
Session III	11:15-11:55 a.m.	#121522.3a
Session IV	6:50-7:20 p.m.	#121522.4a

Sea Squirts III

Stroke Development... Passed Sea Squirt Two, continues to work on kicking. Develops swimming on front and back without assistance. Introduces glides and rotary breathing.

Ratios: 6 per instructor.

Session I	12:55-1:35 p.m.	#121523.1a
Session II	10:30-11:10 a.m.	#121523.2a
Session III	1:40-2:20 p.m.	#121523.3a
Session IV	6:15-6:45 p.m.	#121523.4a

Teen/Adult Beginner Swim Lessons

ages 13 and older and adults

Think you will sink? Afraid to get your head wet? Our instructor will work with you in this group lesson to overcome your fear of the water and learn basic skills.

Dates:	Wednesdays June 21-August 16 exclude July 5 & 12	#121518.1
Time:	6:55-7:35 p.m.	
Place:	Whitnall High School Pool	
Fee:	Resident \$35.00 Non-Resident \$70.00	
Instructor:	Shaun Hibben, ARC Water Safety Instructor	

Open Swim

Make some waves during the time set aside for recreational swimming. Any child under 46" tall must be accompanied, at all times, in the water by someone 16 years or older. All pool rules are enforced during these times. No lap swimming available during Open Swim. If 14 or older, check out Master Swim.

Dates: Mondays through Thursdays, June 12-August 3
 exclude July 4 & July 31

Time: 2:35-4:35 p.m.

Place: Greendale High School, Pool

Fee: Adults-\$3.00

Students (5-17 years of age)-\$2.50

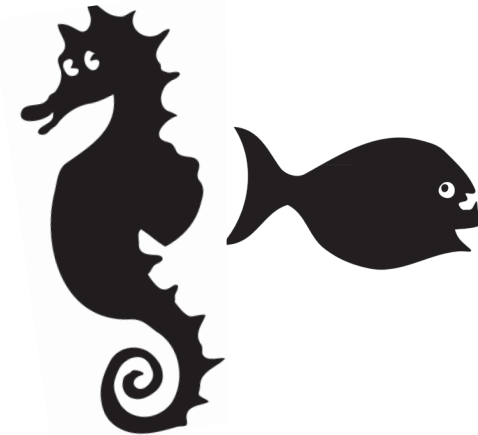
Toddlers (4 and under)-\$1.50 *Please bring exact change.*

Note: Parents... please pick up your child by 4:35 p.m.; otherwise, your child will be left outside unattended after 4:35 p.m.

2017 Family Fun Patch #111506.1

Here's a super deal for frequent swimmers and large families who like to swim. This patch enables Greendale residents to attend the Greendale Open Swim program at any time during the 2017 summer months for one low price. The cost of this patch, good for one person, is \$40.00 plus \$5.00 for each additional family member with a maximum cost of \$55.00. (Example: 2 parents and 2 children = \$55.00)

**Replacement patch cost is \$10.00 each.
 The Patches Are Non-Transferable,
 Non-Refundable And Only Available To
 Greendale Residents!**





SWIM WITH US!

The Schroeder Swim Team wants you to swim with us! Tryout a practice and have your swimmer placed in a group suited to their ability.

Summer Session begins June 19, 2017!

For more information and to sign up for a tryout visit
wsacld.org

Deep Water Fitness

ages 16 years and older, adults and seniors

Spice up your workout with a variety of full body movements. Burn calories, increase cardiovascular endurance and develop overall body strength. Enjoy the privacy that this completely submerged work out can provide as you reap the benefits of a deep water workout.

Dates: Tuesdays & Thursdays

Session I June 20-July 13 **#111512.1**
exclude July 4

Session II August 1-24 **#111512.2**

Time: 6:35-7:35 p.m.

Place: Greenfield High School Pool (deep end)
(60th & Layton, use entrance #11)

Fee per session:

Session I Resident \$21.00
Non-Resident \$42.00

Session II Resident \$24.00
Non-Resident \$48.00

Instructor: Janet Haefemeyer, AEA Certified

Note: Swimming skills are necessary – must be able to tread water and float. Flotation belts and hand buoys are provided.

Semi-Private Swim Lesson Instruction

ages 4 years and older

Has your child struggled in a swim level and needs help with just one or two issues (breathing, floating, strokes, going under the water, getting into the water, etc.)? If so, you would find semi-private lessons might be just the thing to get them past that obstacle, then this instruction is for you!

Dates/Times: Monday through Thursday
July 24-27

Session I 6:50-7:15 p.m. **#121520.1**

Session II 7:20-7:45 p.m. **#121520.2**
July 31-August 3

Session III 2:00-2:25 p.m. **#121520.3**

Session IV 2:00-2:25 p.m. **#121520.4**

Place: Greendale High School Pool

Fee per session: Resident \$48.50
Non-Resident \$58.50


Note: Please bring the student's most current level course record sheet to the first class so the instructor can see the areas needing concentration.

Mermaid Swimming

ages 8 through 15 years

While legs are for walking, fins are for swimming! Mermaids and Mermen are both welcome! Increase your water confidence and swimming skills through fun and play. These classes will help build core muscles and leg strength as youth master a balanced dolphin kick. Park & Recreation will have mono-fins available for youth to use in class. A full mermaid tail is optional (not provided).

Mermaid Level 1: Basics
Learn how to safely wear your mermaid mono-fin and become comfortable swimming using it. Skills include the basic mermaid kick, opening eyes and holding breath under water, mermaid arms, full body swim, legs only swim, back float and swim mermaid style and touching the bottom at increasing depths.



Dates/Times/Fees:

Session I **#121526.1**
Tuesdays and Thursdays
June 20-July 13
exclude July 4
6:50-7:30 p.m.
Resident \$35.00
Non-Resident \$70.00

Session II **#121526.2**
Mondays-Thursdays
June 19-July 13
exclude July 3 & 4
1:45-2:25 p.m.
Resident \$70.00
Non-Resident \$140.00

Session III **#121526.3**
Mondays-Thursdays
July 31-August 17
1:45-2:25 p.m.
Resident \$60.00
Non-Resident \$120.00

Place: Greenfield High School Pool
(60th & Layton, use entrance #11)

Instructor: Susie Mejchar, Greenfield Parks & Rec

Note: Mermaid I has a pre-requisite of completion of American Red Cross Level IV Learn to Swim.

NEW!

Water Splash Day

ages 6 through 12 with Level II or higher swim skills

Water games and water contests in indoor pools are in the truest form of the word, always "cool"! Join the park and recreation aquatic staff as they plan fun "water" games, relays and contests each day. Register with a friend for even more fun...are you ready for some "water" action??? On your mark, get set...go!

Date: Monday, July 31 **#121516.1**

Time: 2:35-4:20 p.m.

Place: Greendale High School Pool

Fee: Resident \$3.00
Non-Resident \$10.00

Coordinators: Greendale Park & Rec Aquatic Staff

Note: Due to the nature of the planned activities, children "must be comfortable in the water" and have completed Level II swim lessons to participate in the Water Splash Day activities. Children registered for child care in the Park and Recreation Department's Summer Adventure Club (SAC) for July 31st (2 older age groups) will register for this program through the SC field trip form.