

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 Dept. 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: Please use doors in the back (east side #C20), horseshoe parking lot, or upper gym entrance.

Water Temperature: 80-82 degrees

Pool Rental: Children 6 and under must have an ADULT (18+) 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: Tuesdays
September 19-November 28
exclude November 21

#211502.1

Place: Greendale High School Pool
Fee per pair:

Time: 6:00-6:30 p.m.

Resident \$48.50
Non-Resident \$58.50

Note: Disposable diapers are not allowed unless specified swim diapers. Suits with tight leg closures and a snug waist are recommended. Water temperature at Greendale High School pool is only 80-82 degrees so may be cooler for smaller children.

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!

Dates/Times: Friday Evenings
October 27-December 8
exclude November 24
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.



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 Thursday **#221524.1**
September 19-November 30
exclude November 21 & 23

Time: 7:45-8:25 p.m.

Place: Greendale High School, Pool

Fee: Resident \$50.00
Non-Resident \$60.00

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.



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:

- Session I Tuesdays
September 19-November 14 **#211512.1**
exclude October 31
- Session II Thursdays
September 21-November 16 **#211512.2**
exclude October 26
- Session III Tuesdays & Thursdays
November 28-December 21 **#211512.3**

Time: 6:35-7:35 p.m.
Place: Greenfield High School
Pool (deep end)
(60th & Layton, use entrance #11)

Fee per session: 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.

NEW!

American Red Cross Lifeguard Re-certification Course R.17

currently certified lifeguards

This lifeguard re-certification option is for currently certified lifeguards to review skills including water rescues, CPR/AED and first aid skills. "Currently certified lifeguards" is defined as having a valid certification in American Red Cross Lifeguarding/First Aid/CPR/AED or those who have not expired by more than 30 days.

Registrants must bring valid Red Cross Lifeguarding, First Aid and CPR/AED for the Professional Rescuer certification card to class-no exceptions! Also bring Hip Pack with Pocket Masks (adult and infant), your bathing suit, towel, and bag lunch for short lunch break.

To successfully complete this course, you must attend and participate in all class sessions, pass both final written exams with a minimum grade of 80 percent, and demonstrate competency in all required skills and activities.

Dates/Times: **#221528.1**
Swim Skill Prerequisite Test:

- *Course Work:** Thursday, December 14
8:15-9:15 p.m.
Friday, January 5 (5:00-9:00 p.m.)
Saturday, January 6 (9:00 a.m.-6:00 p.m.)
Sunday, January 7 (9:00 a.m.-4:00 p.m.)

Place: Greenfield High School Pool
(Use Entrance #11)
Fee: Resident \$135.00
Non-Resident \$170.00

Instructor: Greenfield Parks & Rec Staff, Certified Instructor Trainer
Note: The class fee includes the new 2017 Lifeguard Manual. Participants will receive the Lifeguard Training/First Aid/CPR Pro/AED certification that is valid two (2) years.

*This class is being run concurrently with the Lifeguard Course R.17 so these times are planned for that class. Registrants in this re-certification class should expect to finish earlier each date.

American Red Cross Lifeguard Course R.17

ages 15 years and older and adults

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies, and to provide professional level care for breathing and cardiac emergencies, injuries and sudden illnesses. Upon successful course completion, candidates receive two-year certification in Lifeguarding/CPR/AED/First Aid for Lifeguards.

This is a blended learning course. After completion of the swim prerequisite test, participants will receive an email with the online session link once the class is available. You must complete this online portion prior to the first day of the course and bring your certificate of achievement documenting this to the first day to be able to continue in the course.

Swim Skill Prerequisites to successfully complete include swimming 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may use front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Tread water 2 minutes using only the legs. Complete the following events in 1 minute, 40 seconds: Starting in the water, swim 20 yards. Face may be in or out of the water. Surface dive, feet-first or head-first, to a depth of 7-10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath, exit the water without using a ladder or steps.

To successfully complete this course, you must attend all class sessions, pass both final written exams with a minimum grade of 80 percent, and demonstrate competency in all required skills and activities.



Dates/Times: **#221525.1**
Swim Skill Prerequisite Test:

- Course Work:** Thursday, December 14
8:15-9:15 p.m.
Friday, January 5 (5:00-9:00 p.m.)
Saturday, January 6 (9:00 a.m.-6:00 p.m.)
Sunday, January 7 (9:00 a.m.-4:00 p.m.)

Place: Greenfield High School Pool
(Use Entrance #11)
Fee: Resident \$200.00
Non-Resident \$250.00

Instructor: Greenfield Parks & Rec Staff, Certified Instructor Trainer
Note: The class fee includes Lifeguard textbook, waist pack and pocket mask.

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: Tuesdays
September 19-November 28 (exclude November 21)
Observation Date: October 17

Thursdays
September 21-November 30 (exclude November 23)
Observation Date: October 19

Saturdays
September 30-November 18
Observation Date: October 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.

Note: If a child is 4 or 5 years of age and has been registered in our regular lessons (Levels I-III), please see the "Sea Squirts" program on page 44 of this brochure and register according to the 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.*

Saturday 1:15-1:55 p.m. #221501.1a
Tuesday 6:35-7:05 p.m. #221501.2a
Thursday 6:35-7:05 p.m. #221501.3a

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.*

Saturday 2:00-2:40 p.m. #221502.1a
Tuesday 6:35-7:05 p.m. #221502.2a
Thursday 7:10-7:40 p.m. #221502.3a

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.*

Saturday 2:45-3:25 p.m. #221503.1a
Tuesday 7:10-7:40 p.m. #221503.2a
Thursday 7:10-7:40 p.m. #221503.3a

Level IV

Stroke Improvement... Passed Level Three, develops confidence and competency in front crawl, elementary backstroke, backstroke, begins breaststroke, sidestroke, and butterfly. Builds on water safety skills. *Ratios: 10 per instructor.*

Tuesday 7:10-7:50 p.m. #221504.2a
Thursday 7:45-8:25 p.m. #221504.3a

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.*

Tuesday 7:50-8:30 p.m. #221505.2a
Thursday 7:45-8:25 p.m. #221505.3a

Level VI

Swimming and Skill Proficiency... Passed Level Five; personal water safety, fitness swimmer; refines strokes to swim with ease, efficiency, 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.*

Tuesday 7:50-8:30 p.m. #221506.2a
Thursday 7:45-8:25 p.m. #221506.3a

Swim Pretest

ages 6 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.

Tuesday, September 5 - 6:00-7:15 p.m.
Greendale High School Pool

Don't Wait Until It's Too Late!!

Nothing kills a program quicker than waiting until the last minute to register for it!

If there are not enough registrants four days prior to the start of a program, it may be cancelled. Help us assure it runs because of early registration.



Gift Certificates Available

For the person who has everything, or for birthdays or special events, consider giving a Greendale Park & Recreation Gift Certificate.

Gift Certificates are available in any denomination and are good toward any Greendale Park & Recreation classes.

Purchase your Greendale Park & Recreation Gift Certificate at the Greendale Park & Recreation Department.

Sea Squirts Swim Lessons

ages 4 and 5

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:
Tuesdays
 September 19-November 28
 exclude November 21
 Observation Date: October 17
Thursdays
 September 21-November 30
 exclude November 23
 Observation Date: October 19
Saturdays
 September 30-November 18
 Observation Date: October 28
 Greendale High School, Pool
Place:
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.

Swim Pretest

ages 4 and 5 years

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.

Tuesday, September 5 - 6:00-7:15 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.*

Saturday 12:30-1:10 p.m. #221521.1a
Tuesday 6:00-6:30 p.m. #221521.2a
Thursday 6:00-6:30 p.m. #221521.3a

Sea Squirts II

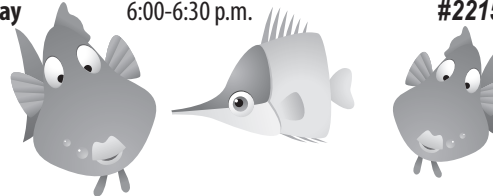
Fundamental Aquatic Skills ... Passed Sea Squirt One, works on floating without support, builds on kicking and basic swimming skills by increasing distance while decreasing support. *Ratios: 6 per instructor.*

Saturday 12:30-1:10 p.m. #221522.1a
Tuesday 6:00-6:30 p.m. #221522.2a
Thursday 6:00-6:30 p.m. #221522.3a

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.*

Thursday 6:00-6:30 p.m. #221523.3a



RECREATION ASSISTANCE PROGRAM

The Greendale Park and Recreation Department recognizes that some of the residents of the Village of Greendale require financial assistance to attend certain recreational activities. RAP provides these residents with the opportunity to attend these programs at a discounted rate.

Any family or individual who is a resident of the Village of Greendale may apply for the Recreation Assistance Program. To qualify, residents must meet Federal Income & Financial Support Guidelines (Income Eligibility Guidelines for the Federal Government will be acceptable guidelines for the Department to follow encompassing household size and annual income). If families qualify for the free and reduced school lunch program through the Greendale School District, a copy of that application may be submitted instead of the Recreation Assistance application form. Deadline for programming seasons is August 1st, December 1st and April 1st.

For more information, or to request an application, stop in at the Greendale Park and Recreation Department.