

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 (Subject to COVID): 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 (Parent/Child only). Children ages 6 and above are expected to use the designated locker rooms—males in the boys/females in the girls.

Spectators: Parents will **NOT** be allowed to observe instructional classes. No spectators on deck/bleachers during lessons (State Code).

Pool Entrance: Please use doors to the east (east side- #B11) entrance.

Water Temperature: 80-82 degrees

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	<u>Mondays and Thursdays</u> March 1-25 5:45-6:20 p.m.	#311502.1
Session II	<u>Saturdays</u> February 20-April 17 exclude April 3 12:10-12:45 p.m.	#311502.2

Place: Greendale High School Pool
Fee per pair per session:
Resident \$50.00
Non-Resident \$60.00

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.

NEW!

Deep Water Fitness

adults



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 workout can provide as you reap the benefits of a deep water workout.

Dates:	<u>Tuesdays</u>	
Session I	February 16-March 23	#311512.1
Session III	April 13-June 1	#311512.3
	<u>Thursdays</u>	
Session II	February 18-March 25	#311512.2
Session IV	April 15-June 3	#311512.4
Time:	7:15-8:05 p.m.	
Place:	Greenfield High School Pool (deep end) (60th & Layton, use entrance #11)	

Fees per session:

SI or II	Resident \$26.00 Non-Resident \$38.00
SIII or IV	Resident \$34.00 Non-Resident \$51.00

Instructor: Karma McMillian

Note: Swimming skills are necessary – must be able to tread water and float. Flotation belts and hand buoys are provided. Class size is limited so do not hesitate in registering for this class.

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:	Mondays and Thursdays March 1-25	#311505.1
Time:	8:05-8:45 p.m.	
Place:	Greendale High School Pool	
Fee:	Resident \$35.00 Non-Resident \$45.00	
Supervisor:	Greendale Park and Rec Aquatic Staff	

- ★ COME TO POOL SWIM READY:
Shower and Locker room use may be limited.
- ★ NO PARENTS OR SPECTATORS IN POOL AREA: Drop-off and Pick-up at entrance B11.
- ★ PLEASE MAINTAIN SOCIAL DISTANCE DURING DROP-OFF AND PICK-UP.

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. Due to COVID-19, parents will **NOT** be allowed to observe classes. Normal water temperature is 80-82.

Dates: Mondays and Thursdays

March 1-25

Saturdays

February 20-April 17

exclude April 3

Place: Greendale High School, Pool

Fee per session:

Resident \$50.00

Non-Resident \$60.00

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, please see the "Sea Squirts" program on page 30 of this brochure and register according to the skill levels.



practice
makes
perfect

Level I

Introduction to Aquatic Skills ... Helps children feel comfortable in the water while learning basic aquatic skills and water safety. All skills done with assistance.

Ratios: 6 per instructor.

Saturday 1:00-1:40 p.m.

#321501.1a

Mon & Thur 6:35-7:05 p.m.

#321501.3a

Level II

Fundamental Aquatic Skills ... Successfully Completed 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 1:50-2:30 p.m.

#321502.1a

Mon & Thur 5:45-6:25 p.m.

#321502.3a

Mon & Thur 7:15-7:55 p.m.

#321502.3b

Level III

Stroke Development ... Successfully Completed 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 1:00-1:40 p.m.

#321503.1a

Mon & Thur 7:15-7:55 p.m.

#321503.3a

Level IV

Stroke Improvement... Successfully Completed 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.

Saturday 2:40-3:20 p.m.

#321504.1a

Level V

Stroke Refinement ... Successfully Completed 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.

Mon & Thur 8:05-8:45 p.m.

#321505.3a

Level VI

Swimming and Skill Proficiency... Successfully Completed 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.

Mon & Thur 8:05-8:45 p.m.

#321506.3a



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: Mondays and Thursdays

#321516.1

March 1-25

Time: 8:05-8:45 p.m.

Place: Greendale High School, Pool

Fee: Resident \$35.00

Non-Resident \$45.00

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.



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. Due to COVID-19, parents will **NOT** be allowed to observe classes. Normal water temperature is 80-82.

Dates: **Mondays and Thursdays**

March 1-25

Saturdays

February 20-April 17

exclude April 3

Place: Greendale High School, Pool

Fee per session: Resident \$50.00

Non-Resident \$60.00

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.



Boy Scout Swimming Merit Badge



Complete the Boy Scout Swimming Merit Badge while refining your swimming skills. Learn about survival swimming, swimming with clothes, surface dives, some basic water rescues, wearing a lifejacket, rescue breathing, adult CPR, and First Aid.

This course is designed for Scouts seeking to earn the entire merit badge so plan to attend all four sessions and successfully complete the requirements.

Dates: Sundays **#321513.1**
April 11-May 2

Class Make-up (if needed):

May 9

Time: 12:30-1:30 p.m.

Place: Greenfield High School

Pool

Fee: Resident \$40.00

Non-Resident \$60.00

Instructor: Mike Seavert

Note: Participants must have completed the American Red Cross Level Four Swim or be able to swim 100 yards demonstrating (in good form) the front crawl, elementary backstroke, and back crawl.

Sea Squirts I

Introduction to Basic Aquatic 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 3:30-4:10 p.m.

#321521.1a

Sea Squirts II

Fundamental Aquatic Skills ... Successfully Completed 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 12:10-12:50 p.m.

#321522.1a

Mon & Thur 6:35-7:05 p.m.

#321522.3a

Sea Squirts III

Stroke Development... Successfully Completed Sea Squirt Two, continues to work on kicking, glides and introduces rotary breathing. Independent swimming on front and back strokes are the primary focus.

Ratios: 6 per instructor.

Mon & Thur 6:35-7:05 p.m.

#321523.3a

Boy Scout Lifesaving Merit Badge



If you have earned the Boy Scout Swimming Merit Badge, take your aquatic skills to the next level in this course. Learn how to prevent aquatic emergencies and how to effectively respond. Participants will learn reaching and throwing assists, tired swimmer assists, removing someone from the water, defenses and escapes should someone grab you, how to assist in a missing swimmer drill, and how to care for a spinal injury.

This course is designed for those seeking to earn the entire merit badge so plan to attend all four sessions and successfully complete the requirements. This is not the BSA Lifeguard course.

Dates: Sundays **#321510.1**
April 11-May 2

Class Make-up (if needed): May 9

Time: 1:40-3:00 p.m.

Place: Greenfield High School

Pool

Fee: Resident \$56.00

Non-Resident \$84.00

Mike Seavert

Instructor: Mike Seavert
Note: Participants must have completed the American Red Cross Level Five Swim or be able to swim (in good form) 100 yards of the front crawl, back crawl, and be comfortable in deep water. This is not the BSA Lifeguard course.

American Red Cross



Lifeguard Course R.17 "Blended Learning"

ages 15 years and older and adults

Learn how to effectively prevent and respond to water emergencies. Gain the skills and knowledge to prepare you for a variety of scenarios in and around the water. Learn how quick response times and effective preparation are vital to being a lifeguard while also understanding the crucial elements in helping to prevent drowning and injuries.

As a blended learning course, participants will receive an online link to complete the classroom portion. There are swim skill requirements that must be successfully completed at the pre course to continue.

Swim Skill Pre requisites 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; and exit the water without using a ladder or steps.

To successfully complete this course, you must attend all class sessions, pass final written exams and demonstrate competency in all required skills and activities.

We are planning to hold a Lifeguard class in Spring 2021 with dates yet to be determined. To be included in our email list for the class sign up announcement (a cooperative venture with Greenfield Parks and Recreation), please use the registration number below.

Register for email updates #321525.1

