

AQUATIC PROGRAMS

Before You Dip Into the Pool

Frequently Asked Questions and Answers for Aquatic Programs

- ◊ What TO bring and NOT TO bring: Must provide own suit and towel. Proper swim attire required—no cutoffs, shorts, and/or t-shirts, and no 2-piece swim suits (bikinis). Recommend participants come dressed in swim attire. 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 water bottle is acceptable).
- ◊ Water Temperature: 80-82 degrees.
- ◊ Do NOT show up more than 5 minutes prior to the participant's scheduled class time.
- ◊ Enter the pool at entrance **C20**. That is the entrance on the south side of the pool (look for the "swim" sign).
- ◊ We will be allowing ONE parent to attend the lesson with their child/ren with Parent/Child only IF NEEDED.
- ◊ Showers will NOT be required and Locker Rooms are available only on a limited basis for bathrooms access...we do recommend, however, that the children use the bathroom at home before arriving for lessons. Staff will direct the child to the appropriate bathroom area for the child's use (one child at a time in the boys and one child at a time in the girls). We are trying to limit as much congestion, contamination, and mutual usage in facilities as much as possible.
- ◊ There will be NO SCHEDULED OBSERVATION days this session of swim lessons.
- ◊ Make sure to check that everything the child came with to the pool goes home with them (towel, goggles, extra clothing, swim attire, boots/shoes, water bottle, coats and any other personal belongings). These items, if left behind, will NOT be saved in a lost and found. They will be put in the trash.

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 #221516.1
September 28-November 20
Time: 8:05-8:45 p.m.
Place: Greendale High School, Pool
Fee: Resident \$35.00
Non-Resident \$45.00

Instructor: Greendale Park and Rec Aquatic Staff
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.

#211505.1

Dates: Mondays and Thursdays
September 28-November 20
Time: 8:05-8:45 p.m.
Place: Greendale High School Pool
Fee: Resident \$35.00
Non-Resident \$45.00



Parent/Child Swim Lessons

ages 6 months through 3 years with parent/caregiver

Splish, 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: Mondays #211502.1
Session I October 2-November 20
Session II Thursdays #211502.2
September 28-November 16
Time: 6:10-6:40 p.m.
Place: Greendale High School, Pool
Fee per pair per session:
Resident \$55.00
Non-Resident \$65.00

Instructor: Greendale Park and Rec Aquatic Staff
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.



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 NOT be allowed. Normal water temperature is 80-82.

Dates:

Session I Mondays
October 2-November 20

Session II Thursdays
September 28-November 16

Place: Greendale High School, Pool

Fee per session:

Resident \$55.00
Non-Resident \$65.00

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.

Instructors: Greendale Park & Rec Aquatic staff

Note: If a child is 4 or 5 years of age, please see the "Sea Squirts" program on page 33 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.*

Monday 6:10-6:45 p.m. **#221501.1a**

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.*

Monday 6:45-7:20 p.m. **#221502.1a**
Thursday 6:45-7:20 p.m. **#221502.2a**

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.*

Monday 7:25-8:00 p.m. **#221503.1a**
Thursday 7:25-8:00 p.m. **#221503.2a**

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.*

Monday 7:25-8:00 p.m. **#221504.1a**

Level V

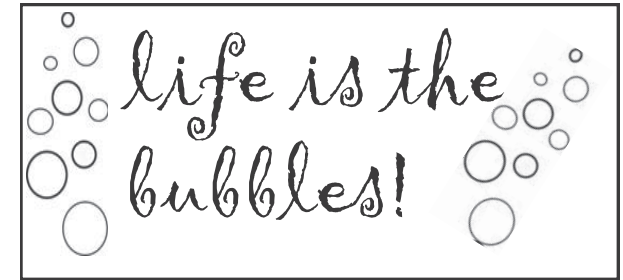
Stroke Refinement ... Passed Level Four, refines and adds distance for front crawl, back crawl, sidestroke, elementary backstroke, breaststroke and butterfly. Introduces flip turns and builds on water safety skills. *Ratios: 10 per instructor.*

Thursday 7:25-8:00 p.m. **#221505.2a**

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.*

Thursday 7:25-8:00 p.m. **#221506.2a**



Open Swim

all ages

This extremely wet and fun "drop in" program for kids and adults is designed for lifeguard supervised free time use of the pool. Everyone entering the pool during the Open Swim period must either pay the daily admission rate or be participating in the "Practice Makes Perfect" option of the Greenfield Parks & Recreation's Learn to Swim program.

Dates: Sundays September 10-October 22 Sundays November 5-December 17
Time: 1:15 p.m. -2:45 p.m. exclude November 26
Place: Greenfield High School Pool 1:15-2:45 p.m.

Daily Admission: Adults (18+) \$4.00 per person
Youth (3-17) \$2.00 per person
Infant (0-2) FREE

Instructor: Staffed by American Red Cross Lifeguards

NOTES: Children 5 and under must have an adult in the water with them within arm's reach at all times. Children 11 and under must be accompanied by an adult.

Deep Water Fitness



ages 16 years and older

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: Tuesdays
Session I September 12-October 24 #211512.1

Thursdays
Session II September 14-October 26 #211512.2
Session III November 9-December 21 #211512.3
exclude November 23

Time: 6:30-7:30 p.m.
Place: Greenfield High School Pool (deep end)

Fee per session: (60th & Layton, use entrance #11)
Resident \$31.00 (Sessions I-II)
Non-Resident \$46.00 (Sessions I-II)
Resident \$26.00 (Session III)
Non-Resident \$39.00 (Session III)

Instructors: Tuesdays Raelyn Tetting
Thursdays Maria Patterson

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

Participants may register for Sessions I of this program beginning September 5th by calling the Park and Recreation office at 414-423-2790.

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 NOT be allowed. Normal water temperature is 80-82.

Dates: Mondays
October 2-November 20
Thursdays
September 28-November 16

Place: Greendale High School, Pool
Fee per session: Resident \$55.00

Non-Resident \$65.00
Instructors: Greendale Park & Rec Aquatic staff
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.



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.

Monday 6:45-7:20 p.m. *Ratios: 6 per instructor.* #221521.1

Sea Squirts II

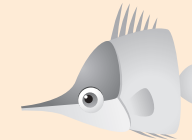
Fundamental Aquatic Skills ... Passed Sea Squirt One, works on floating without support, builds on kicking and basic swimming skills by increasing distance while decreasing support. *Ratios: 6 per instructor.*

Thursday 6:10-6:45 p.m. #221522.2

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 6:10-6:45 p.m. #221523.2



Shallow Water Fitness



ages 16 years and older

Spice up your workout with a variety of full body movements, burn calories, increase cardiovascular endurance, and develop overall body strength. Shallow Water Fitness is geared towards those looking to experience the benefits of exercise and movement in the water to stretch and strengthen muscles in a gentle water supported environment. Class is in the shallow water so general comfort being in the pool is necessary, no swimming skills required.

Dates: Wednesdays
September 27-December 13 #211503.1
exclude October 4 & November 22

Time: 6:30-7:30 p.m.
Place: Greenfield High School Pool (shallow end)
(60th & Layton, use entrance #11)

Fee per session: Resident \$44.00
Non-Resident \$66.00

Instructor: Maria Patterson

Note: Class is in the shallow water so general comfort being in the pool is necessary, no swimming skills required.

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.