

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-19): 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 **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

Note: Due to COVID-19, registrants will receive additional information regarding access, use of locker rooms, etc.

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 and Thursdays **#211502.1**
November 16-December 14
exclude November 26
5:45-6:20 p.m.

Session II Saturdays **#211502.2**
November 14-January 23
exclude November 28, December 26 &
January 2
12:10-12:45 p.m.

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.

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**
November 16-December 14
exclude November 26

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.



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: Mons and Thurs **#211505.1**
November 16-December 14
exclude November 26

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



Online Resident
Registration starts on
September 19!!

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: Mondays and Thursdays (2 days per week)
November 16-December 14
exclude November 26

Saturdays

November 14-January 23
exclude November 28, December 26 & January 2

Place: Greendale High School, Pool

Fee per session:

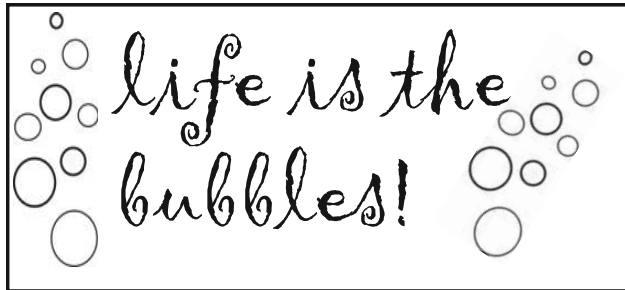
Resident \$50.00

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 and has been registered in our regular lessons (Levels I-III), please see the "Sea Squirts" program on page 32 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 1:00-1:40 p.m. #221501.1a

Mon & Thur 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 1:50-2:30 p.m. #221502.1a

Mon & Thur 7:15-7:55 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 1:00-1:40 p.m. #221503.1a

Mon & Thur 5:45-6:25 p.m. #221503.3a

Mon & Thur 7:15-7:55 p.m. #221503.3b

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.

Saturday 2:40-3:20 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.

Mon & Thur 8:05-8:45 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.

Mon & Thur 8:05-8:45 p.m. #221506.3a

- ★ 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.

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.

Gift Certificates Available

GREENDALE SCHOOLS
INVITES YOU TO

TOUR YOUR SCHOOLS

Friday, October 9,

4:30 to 6:30 p.m.

Saturday, October 10,

11 a.m. to 2 p.m.

Self-guided tours of the new spaces at Canterbury, College Park, Highland View, and Greendale High School will be offered. Attendees are asked to wear face coverings and follow the mapped, physically-distanced tour route.

Virtual tours will also be available online for those who wish to "tour" the schools from home.

www.greendaleschools.org


Greendale Schools
We are inspiring minds.

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 and Thursdays (2 days per week)
November 16-December 14
exclude November 26
Saturdays
November 14-January 23
exclude November 28, December 26 & January 2

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.



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 3:30-4:10 p.m. **#221521.1a**

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 12:10-12:50 p.m. **#221522.1a**
Mon & Thur 6:35-7:05 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.*

Mon & Thur 6:35-7:05 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.