

AQUATIC PROGRAMS

Before You Dip Into the Pool

Frequently Asked Questions and Answers for Aquatic Programs
(and a few updated COVID protocols)

- ◊ 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 **B11** (east side of High School).
- ◊ We will be allowing ONE parent to attend the lesson with their child/ren with Parent/Child only IF NEEDED. One parent may sit with child to assist in undressing/dressing for their lesson while finding a 'fish spot' to sit on on the bleachers.
- ◊ 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).
- ◊ There will be NO OBSERVATION days this fall 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.
- ◊ Staff will be sanitizing the pool equipment at the end of each day (and in between sessions if necessary). There are enough kickboards and bubble belts for each child that would need one so there will be no sharing of equipment.

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 29-November 21

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**
September 29-November 21

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



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 3-November 21

Session II Thursdays **#211502.2**

September 29-November 17

Time: 6:10-6:40 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.



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 3-November 21

Session II **Thursdays**

September 29-November 17

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.

Instructors: Ari Cerda and Gabrielle Crapitto

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.



- ★ COME TO POOL SWIM READY: Shower and Locker room use may be limited.
- ★ ONE PARENT ALLOWED IN POOL AREA: Drop-off and Pick-up at entrance B11.
- ★ PLEASE MAINTAIN SOCIAL DISTANCE DURING DROP-OFF AND PICK-UP.

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**

Aqua Zumba®

ages 16 years and older and adults and seniors

Known as the Zumba® "pool party," Aqua Zumba® gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, laughing, hooting, and hollering are often heard during an Aqua Zumba® shallow water class. Kick up the workout with this class.

Dates: Mondays
 Session I September 19-October 24 **#211514.1**
 Session II November 7-December 12 **#211514.2**
 exclude November 14

Time: 6:00-7:00 p.m.
Place: Greenfield High School Pool (shallow end) (60th & Layton, use entrance #11)

Fees per session:
 Session I Resident \$26.00
 Non-Resident \$39.00
 Session II Resident \$22.00
 Non-Resident \$33.00

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

Level V

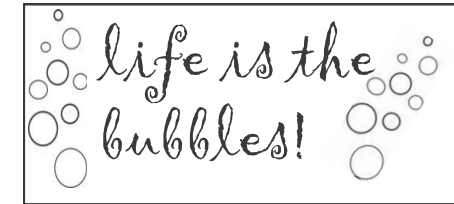
Stroke Refinement ... Passed Level Four, refines and adds distance for front crawl, back crawl, sidestroke, elementary backstroke, breaststroke and butterfly. Introduces flip turns and builds on water safety skills. *Ratios: 10 per instructor.*

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**



Aqua Yoga

ages 16 years and older and adults and seniors

Aqua Yoga is a great way to wake up your entire body and calm your mind as the pool allows the buoyancy of water to alleviate any potential stress on muscles and joints. It is a great way to ease into fitness because some people find yoga poses on land hard to hold but are so much easier in the water. Just because you're not running the risk of injury doesn't mean you're not getting a great workout – you are! In fact, when you're doing yoga in the pool, the resistance of the water gives you a better, more cardiovascular healthy workout all while cushioning your muscles and joints.

Dates: Wednesdays
 Session I September 21-October 26 **#211509.1**
 Session II November 2-December 14 **#211509.2**
 exclude November 23

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

Fee per session: Resident \$26.00
 Non-Resident \$39.00
 Maryanna Mejchar

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

Deep Water Fitness



ages 16 years and older and 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: Tuesdays
 Session I September 13-October 18 #211512.1
 Session III November 1-December 6 #211512.3
 Thursdays
 Session II September 15-October 20 #211512.2
 Session IV November 3-December 15 #211512.4
 exclude November 24
Time: 7:30-8:30 p.m.
Place: Greenfield High School
 Pool (deep end)
 (60th & Layton, use entrance #11)
Fee per session: Resident \$26.00
 Non-Resident \$39.00

Instructors:
 Tuesdays Maria Patterson
 Thursdays Maryanna Mejchar
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.

Participants may register for Sessions I and II of this program beginning September 6th by calling the Park and Recreation office at 414-423-2790.

Shallow Water Fitness



ages 16 years and older and adults and seniors

Come in the water and experience this low impact and low intensity cardio class that is great for beginners! 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.

Dates: Wednesdays
 Session I September 21-October 26 #211503.1
 Session II November 2-December 14 #211503.2
 exclude November 23
Time: 7:40-8:40 p.m.
Place: Greenfield High School
 Pool (shallow end)
 (60th & Layton, use entrance #11)
Fee per session: Resident \$26.00
 Non-Resident \$39.00

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

Sea Squirts Swim Lessons

ages 4 and 5

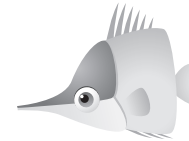
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Dates: Mondays
 October 3-November 21
 Thursdays
 September 29-November 17
Place: Greendale High School, Pool
Fee per session: Resident \$50.00
 Non-Resident \$60.00

Instructors: Ari Cerda and Gabrielle Crapitto
 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.*

Monday 6:45-7:20 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.*

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

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. #221523.2a

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.