

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 winter/spring 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: Tuesdays and Thursdays **#321516.1**
January 24-March 16
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: Tues and Thurs **#311505.1**
January 24-March 16
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

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 **#311502.1**
Session I January 24-March 14
(Repeat)
Session II Thursdays **#311502.2**
(New) January 26-March 16
Time: 6:00-6:30 p.m.
Place: Greendale High School, Pool
Fee per pair per session:
Resident \$50.00
Non-Resident \$60.00

Water temperature at Greendale High School pool is only 80-82 degrees so may be cooler for smaller children.

Note: Disposable diapers are not allowed unless specified swim diapers. Suits with tight leg closures and a snug waist are recommended.



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 Tuesdays
January 24-March 14

Session II Thursdays
January 26-March 16

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.



- ★ 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.

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.*

Tuesday 6:00-6:35 p.m. **#321501.1a**

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.*

Tuesday 6:40-7:15 p.m. **#321502.1a**

Thursday 6:40-7:15 p.m. **#321502.2a**

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.*

Tuesday 7:20-7:55 p.m. **#321503.1a**

Thursday 7:20-7:55 p.m. **#321503.2a**

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.*

Tuesday 7:20-7:55 p.m. **#321504.1a**

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:

Session I Tuesdays
January 24-March 14

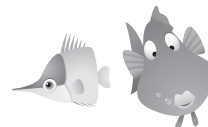
Session II Thursdays
January 26-March 16

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.



Level V

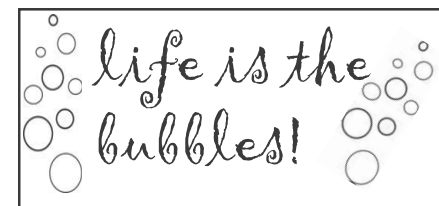
Stroke Refinement ... Passed Level Four, refines and adds distance for front crawl, back crawl, sidestroke, elementary backstroke, breaststroke and butterfly. Introduces flip turns and builds on water safety skills. *Ratios: 10 per instructor.*

Thursday 7:20-7:55 p.m. **#321505.2a**

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 7:20-7:55 p.m. **#321506.2a**



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.*

Tuesday 6:40-7:15 p.m. **#321521.1a**

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 6:00-6:35 p.m. **#321522.2a**

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 6:00-6:35 p.m. **#321523.2a**

Scouts BSA Swimming Merit Badge



Complete the Boy Scout Swimming Merit Badge while refining your surfredives, swimming skills. Learn about and demonstrate survival swimming, retrieving an object in deep water, surface dives, some basic water rescues, wearing a lifejacket, and basic 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 16-May 7
Class Make-up (if needed): May 14
Time: 12:00-1:00 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 150 yards demonstrating (in good form) the front crawl, elementary backstroke, back crawl, and sidestroke. Reading and written requirements will need to be done in between class sessions.

Scout BSA 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 and demonstrate reaching and throwing assists, tired swimmer assists, removing someone from the water, defenses and escapes should someone grab you, rescue breathing and CPR, retrieve a 10-pound weight in deep water, and how to care for a spinal injury.

Dates: Sundays **#321510.1**
April 16-May 7
Class Make-up (if needed): May 14
Time: 1:10-2:30 p.m.
Place: Greenfield High School Pool
Fee: Resident \$56.00
Non-Resident \$84.00
Instructor: Mike Seavert

Note: Participants must have completed the American Red Cross Level Five Swim or be able to swim (in good form) 400 yards using front crawl, sidestroke, breaststroke, and elementary backstroke. This is not the BSA Lifeguard course. Reading and written requirements will need to be done in between class sessions.

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 **#311512.1**
January 17-March 7
Session I April 4-May 23 **#311512.3**
Session II Thursdays
January 19-March 9 **#311512.2**
Session IV April 6-May 25 **#311512.4**
Time: 6:45-7:45 p.m.
Place: Greenfield High School Pool (deep end)
(60th & Layton, use entrance #11)
Fee per session: Resident \$35.00
Non-Resident \$53.00

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 January 3rd by calling the Park and Recreation office at 414-423-2790.

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 at the pre-course, include swimming 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates must 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 brick; 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.

Dates/Times: Class Meets (in-person) **#321525.1**
Friday, March 24 (5:00-9:00 p.m.)
Saturday, March 25 (9:00 a.m.-5:00 p.m.)
Sunday, March 26 (9:00 a.m.-3:00 p.m.)
Place: Greenfield High School Pool
(Use Entrance #11)
Fee per session: Resident \$200.00
Non-Resident \$225.00
Instructor: Morgan Kruger, ARC Certified Lifeguard Instructor
Note: Deadline to register is March 3rd.

