

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 **B13**. 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 OBSERVATION days this summer 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: Tuesdays and Thursdays
July 18-August 10
Time: 8:15-9:00 p.m.
Place: Greendale High School, Pool
Fee: Resident \$35.00
Non-Resident \$45.00



#121516.1

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

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: Tuesdays and Thursdays
July 18-August 10
Time: 8:15-9:00 p.m.
Place: Greendale High School, Pool
Fee: Resident \$25.00
Non-Resident \$35.00

#111505.1



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: Mondays-Fridays
June 19-30
July 3-14 (exclude July 4)
July 17-28
Time: 12:30-1:30 p.m.
Place: Greenfield High School Pool
Daily Admission: Adults (18+) \$8.00 per person
Youth (3-17) \$4.00 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.



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.

Dates: Mondays through Thursdays

Evening Classes

Session I July 17-27
Session II July 31-August 10

Day Classes

Session III July 31-August 10

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.

Registration Note: During registration and until swim classes begin, you may only register for one session of swim lessons. Once you know whether your child will pass or not, then you may sign up for the next session of swim. Transfer fees (\$5.00) will be assessed for each class change.

Note: Second session offerings may be adjusted depending on enrollment and 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.

Session I	7:30-8:05 p.m.	#121501.1
Session II	7:30-8:05 p.m.	#121501.2
Session III	12:15-12:50 p.m.	#121501.3

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.

Session I	6:00-6:35 p.m.	#121502.1
Session II	6:00-6:35 p.m.	#121502.2
Session III	1:00-1:35 p.m.	#121502.3

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.

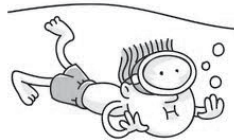
Session I	6:00-6:35 p.m.	#121503.1
Session II	6:00-6:35 p.m.	#121503.2
Session III	11:30 a.m.-12:05 p.m.	#121503.3a
	1:00-1:35 p.m.	#121503.3b

Level IV

Stroke Improvement... Passed Level Three, develops confidence and competency in front crawl, elementary backstroke, backstroke, begins breast-stroke, sidestroke, and butterfly. Builds on water safety skills.

Ratios: 10 per instructor.

Session I	7:30-8:05 p.m.	#121504.1
Session II	7:30-8:05 p.m.	#121504.2
Session III	10:45-11:20 a.m.	#121504.3



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.

Session I	8:15-9:00 p.m.	#121505.1
Session II	8:15-9:00 p.m.	#121505.2
Session III	12:15-12:50 p.m.	#121505.3

Level VI

Swimming and Skill Proficiency... Passed Level Five; personal water safety, fitness swimmer; refines strokes to swim with ease, proficiency, 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.

Session I	8:15-9:00 p.m.	#121506.1
Session II	8:15-9:00 p.m.	#121506.2
Session III	12:15-12:50 p.m.	#121506.3



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.

Dates: Mondays through Thursdays

Evening Classes

Session I July 17-27

Session II July 31-August 10

Day Classes

Session III July 31-August 10

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.

Registration Note: During registration and until swim classes begin, you may only register for one session of swim lessons. Once you know whether your child will pass or not, then you may sign up for the next session of swim. Transfer fees (\$5.00) will be assessed for each class change.

Note: Second session offerings may be adjusted depending on enrollment and skill levels.



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:

Session I Mondays and Wednesdays **#111502.1**
July 17-August 9

Session II Tuesdays and Thursdays **#111502.2**
July 18-August 10

Time: 6:00-6:30 p.m.

Place: Greendale High School, Pool

Fee per pair per session:

Resident \$50.00

Non-Resident \$60.00

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.*

Session I 6:45-7:20 p.m. **#121521.1**

Session II 6:45-7:20 p.m. **#121521.2**

Session III 10:45-11:20 a.m. **#121521.3**

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.*

Session I 6:45-7:20 p.m. **#121522.1**

Session II 6:45-7:20 p.m. **#121522.2**

Session III 10:45-11:20 a.m. **#121522.3**

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.*

Session I 6:45-7:20 p.m. **#121523.1**

Session II 6:45-7:20 p.m. **#121523.2**

Session III 11:30 a.m.-12:05 p.m. **#121523.3**

Deep Water Fitness

ages 16 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: Thursdays **#111512.1**
June 15-July 27

exclude June 29

Time: 6:30-7:30 p.m.

Place: Greenfield High School Pool
(deep end)

(60th & Layton, use entrance #11)

Fee per session: Resident \$26.00

Non-Resident \$39.00

Instructor: Maria Patterson

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.

NEW!

American Red Cross Junior Lifeguard Camp



ages 11-14

The Junior Lifeguard program offers youth an opportunity to learn from professional lifeguards and build the foundational knowledge, attitude, and skills required to be a future lifeguard. Students gain a wide variety of skills and knowledge including first aid and CPR, pool safety and drowning prevention, water rescue techniques, communication and decision-making skills, and the importance of keeping physically fit. Participants are not required to master skills, but rather learn the techniques and build stamina. This valuable experience builds life-long skills and self-confidence. Students that complete the full course will receive an American Red Cross Junior Lifeguard certificate at the end of the course. This course does not certify participants in first aid, CPR, AED, or as a Lifeguard.

Dates: Mondays-Thursdays **#121527.1**
July 24-August 3

Time: 9:00 a.m.-1:00 p.m.

Place: Whitnall High School Pool

Fee: Resident \$175.00

Non-Resident \$200.00

Instructor: Rachel Lisiecki, ARC Certified Lifeguard Instructor

Note: Students must be able to swim at least 100 yards.

