

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.
- Masks are required in the building, on the pool deck, and while waiting from the bleachers.
- 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). The doors that are usually used for summer evening lessons (off the small parking lot by the district office) will NOT be open. Students and parents will leave through door **B14**.
- We will be allowing ONE parent to attend the lesson with their child/ren with Parent/Child only IF NEEDED. After responding to the question-set check in with parent – children will be directed to the bleachers by following the arrows on the pool deck and find a socially distanced fish.
- 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 12-August 4 **#121516.1**
Time: 8:15-9:00 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: Tuesdays and Thursdays
July 12-August 4
Time: 8:15-9:00 p.m.
Place: Greendale High School, Pool
Fee: Resident \$25.00
Non-Resident \$35.00



#111505.1

Deep Water Fitness

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:
Session I Tuesdays **#111512.1**
June 14-July 26
Session II Thursdays **#111512.2**
June 16-July 28
Time: 6:00-7:00 p.m.
Place: Greenfield High School
Pool (deep end)
(60th & Layton, use entrance #11)
Fee per session: Resident \$31.00
Non-Resident \$46.00
Instructors: Katie Harn and Maya Bienen

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.



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 11-21

Session II July 25-August 4

Day Classes

Session III July 25-August 4

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.

Open Swim/Pool Rentals

The Park and Recreation Department will **NOT** be providing "Open Swim" or Pool Rentals for the general public in 2022. This decision is made for the safety of the youth and department staff.

Hoping to resume in Summer 2023!

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 12:15-2:50 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

No Swim Pre-test Available for Summer Lessons

Parents, we are unable to guarantee a time for swim pre-test this season. Please take into consideration the information on the swim skill sheets from the child's progress in previous sessions and please do your best to register in what you feel is the appropriate learning level for your child. If a child is in need of a change in level, they will be evaluated on a case-by-case basis. So, please use your best judgement in registering your child for a swim lesson this summer!

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 11-21

Session II July 25-August 4

Day Classes

Session III July 25-August 4

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 11-August 3

Session II Tuesdays and Thursdays **#111502.2**

July 12-August 4

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**

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
June 20-July 25
exclude July 4 **#111514.1**

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

Fee: 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.

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, 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: **#121525.1**

Class Meets (in-person):

Friday, June 3 (5:30-9:00 p.m.)

Saturday, June 4 (9:00 a.m.-4:00 p.m.)

Sunday, June 5 (9:00 a.m.-2:00 p.m.)

Place: Greenfield High School Pool and Room 310
(Use Entrance #11)

Fee: Resident \$200.00
Non-Resident \$225.00

Instructors: Tammie Bettinger and Perry Perkins,
ARC Certified Lifeguard Instructors

Note: The class fee includes Lifeguard textbook, waistpack and pocket mask.

Registration is accepted for this class upon receipt of this brochure by calling the Park and Recreation Office.

Deadline to register: May 17th