

AQUATIC PROGRAMS

Important Information About Greendale Park & Recreation Aquatic Programs

- Must provide own suit and towel. Proper swim attire required-no cutoffs, shorts, and/or t-shirts, and no 2-piece swimsuit (bikinis). Tankinis are acceptable.
- Recommend participants come dressed in swim attire. Long hair should be pulled back.
- The Park and Recreation Department 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 **C20**.
- **Do not enter the pool area until instructors/lifeguards arrive.**
- We will be allowing ONE parent to attend the lesson with their child/ren.
- Showers will NOT be required and Locker Rooms are available.
- We do recommend that the children use the bathroom at home before arriving for 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 at the end of the swim lessons sessions.
- **Please read our class descriptions to determine the appropriate level for your child. The skills listed under each class are the skills that will be taught at that level. If your child can do all the skills listed, register them for the next level.** *Our levels are different than other area programs.
- **DURING REGISTRATION YOU MAY ONLY REGISTER FOR ONE SESSION OF SWIM LESSONS.**



The Greendale Park and Rec Department is accepting applications for swim lesson instructors and lifeguards. Applicants should be certified. Classes run year round at various times. Contact Kelly Schmidt, kelly.schmidt@greendaleschool.org or (414) 423-2790 for more information or to start the application process.



Parent/Child Swim Lessons

ages 6 months through 3 **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: Tuesdays **#311502.1**
March 11-May 6
exclude March 25

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

Location: Greendale High School, Pool

Fee per pair: Resident \$56.00
Non-Resident \$66.00

Mini Masters Swim

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**
March 11-May 8
exclude March 25 and 27

Time: 8:10-8:50 p.m.

Location: Greendale High School, Pool

Fee: Resident \$48.00
Non-Resident \$58.00

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 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 **#311505.1**
March 11-May 8
exclude March 25 and 27

Time: 8:10-8:50 p.m.

Location: Greendale High School, Pool

Fee: Resident \$32.00
Non-Resident \$42.00



Sea Squirts Swim Lessons

ages 3 through 4

Dates:

Session I Tuesdays
March 11-May 6
exclude March 25

Session II Thursdays
March 13-May 8
exclude March 27

Location: Greendale High School, Pool

Fee per session:
Resident \$56.00
Non-Resident \$66.00

Registration Note: During registration and until swim classes begin, **you may only register for one session of swim lessons.**

Sea Squirts I Introduction to Basic Aquatic Skills

To introduce children to be comfortable in the water and help them acquire beginning levels of basic aquatic skills: entering/exiting the water, blowing bubbles, floating, glides, and alternating and simultaneous arm and leg actions. *Ratios: 4 per instructor.*

Session I 6:00-6:30 p.m. **#321521.1**

Sea Squirts II Development of Basic Aquatic Skills

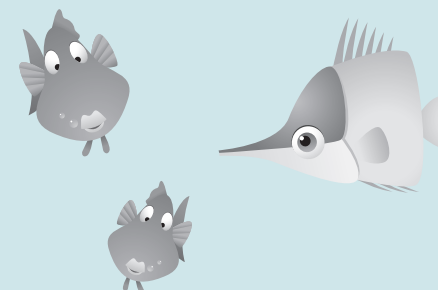
To build on the basic aquatic skills learned in Sea Squirts I. *Ratios: 4 per instructor.*

Session II 6:00-6:30 p.m. **#321522.2**

Sea Squirts III Proficiency of Basic Aquatic Skills

To increase proficiency and build on the basic aquatic skills learned in Sea Squirts I and II by providing additional guided practice with increased distances and times. *Ratios: 4 per instructor.*

Session II 6:00-6:30 p.m. **#321523.2**



Learn to Swim Program

ages 5 and older

Dates:

- Session I Tuesdays
March 11-May 6
exclude March 25
- Session II Thursdays
March 13-May 8
exclude March 27

Location: Greendale High School, Pool

Fee per session:

- Resident \$64.00
Non-Resident \$74.00

Registration Note: During registration and until swim classes begin, you **may only register for one session of swim lessons.**

Level 1 Introduction to Water Skills

Introduces basic aquatic skills; which participants continue to build on as they progress through Learn-to-Swim. In addition, participants start developing positive attitudes, effective swimming habits and safe practices in and around the water. Learn-to-Swim Level 1 skills overlap with the Sea Squirts Level I and II skills. *Ratios: 6 per instructor.*

- Session I 6:40-7:15 p.m. #321501.1
Session II 6:40-7:15 p.m. #321501.2



Level 2 Fundamental Aquatic Skills

Participants learn to glide and float without support and recover to a vertical position. Participants further develop simultaneous and alternating arm and leg actions on the front and back, laying the foundation for future strokes. This level marks the beginning of true locomotion skills. New water safety topics are introduced, and previously acquired water safety knowledge and skills are reinforced. For those who are age 5 and have passed Sea Squirts III should enroll in Level 2. *Ratios: 6 per instructor.*

- Session I 6:40-7:15 p.m. #321502.1
Session II 6:40-7:15 p.m. #321502.2

Level 3 Stroke Development

Participants expand proficiency of previously learned skills by providing additional guided practice. Participants learn and practice survival floating and learn to swim front crawl and elementary backstroke at rudimentary proficiency levels. Introduction of the scissors and dolphin kicks and extend the time duration for treading water. Participants also learn rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside. As in all levels, new and previously addressed water safety topics are included. Participants who successfully complete Level 3 have achieved basic water competency in a pool environment. *Ratios: 6 per instructor.*

- Session I 7:25-8:00 p.m. #321503.1
Session II 7:25-8:00 p.m. #321503.2

Level 4 Stroke Improvement

Participants will improve their aquatic skills and increase their endurance by swimming the strokes learned in Level 3 (i.e., front crawl, elementary backstroke) for greater distances and with more advanced proficiency. Participants add arm actions to the previously learned scissors kick and breaststroke kick to perform the rudimentary sidestroke and to learn the breaststroke. Participants also begin to learn the back crawl and butterfly, as well as the basics of performing a simple open turn at a wall. *Ratios: 10 per instructor.*

- Session II 7:25-8:00 p.m. #321504.2

Level 5 Stroke Refinement

Participants refine their performance of all six strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase the distances that they swim. Participants also learn to perform flip turns on the front and back. *Ratios: 5 per instructor.*

- Session I 7:25-8:00 p.m. #321505.1

Level 6 Personal Water Safety

The objective of this level is to refine strokes so participants swim them with greater efficiency and effectiveness over longer distances. Focus on preparing participants for more advanced courses, such as the Water Safety Instructor or Lifeguarding course, or other aquatic activities such as competitive swimming or diving. *Ratios: 5 per instructor.*

- Session I 7:25-8:00 p.m. #321506.1

NEW!

Deep Water Aerobics



ages 16 years and older

Get excited with an invigorating deep water workout! Burn calories and increase cardiovascular endurance and health while developing overall body strength. Gain positivity about your body with this deep water workout.

Dates: Tuesdays
 Session I January 21-March 11 #311512.1
 Session III April 1-May 20 #311512.3

Thursdays
 Session II January 23-March 13 #311512.2
 Session IV April 3-May 22 #311512.4

Time: 6:30-7:30 p.m.
Location: Greenfield High School, Pool Deep End
 60th & Layton, use door #11

Fee per session: Resident \$35.00
 Non-Resident \$53.00

Instructor: Laura Zimmer-Poleckelman

Note: Swimming skills are necessary – must be able to tread water and float. Flotation belts and hand buoys are provided.

Shallow Water Fitness



ages 16 years and older

Spice up your workout with a variety of full body movements, burn calories, increase cardiovascular endurance, and develop overall body strength. 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: Mondays
 Session I January 20-March 10 #311503.1
 Session II March 31-May 19 #311503.2

Time: 6:30-7:30 p.m.
Location: Greenfield High School, Pool Shallow End
 60th & Layton, use door #11

Fee per session: Resident \$35.00
 Non-Resident \$53.00

Instructor: Maria Patterson

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

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: Sundays
 Session I January 19-March 9
 Session II March 30-May 18
 exclude April 20

Time: 1:15 p.m. -2:45 p.m.
Location: Greenfield High School, Pool
 60th & Layton, use door #11

Daily Admission: Adults (18+) \$4.00 per person
 Youth (3-17) \$2.00 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.

Aquatic Badge Workshops

ages 10 through 17

Our Aquatic Badge Workshops are designed for those seeking to earn the entire merit badge, so plan to attend all 4 scheduled sessions. Each session focuses on different requirements that must be successfully met to complete the Merit Badge. Our instructor has planned a 5th “make-up” date into the schedule for participants who might need more practice time. There are no guarantees for badge completion.

Instructor: Mike Seavert



Scouts BSA Swimming Merit Badge



Complete the Boy Scout Swimming Merit Badge while refining your swimming skills. Learn about and demonstrate survival swimming, surface dives, retrieving an object in deep water, basic water rescues, wearing a life jacket, and basic first aid. Reading and written requirements will need to be done in between class sessions.

Dates: Sundays, March 30-May 4 #321513.1
 exclude April 20 and 27

Time: 10:00-11:00 a.m.
Location: Greenfield High School, Pool
 60th & Layton, use door #11

Fee: Resident \$40.00
 Non-Resident \$60.00

Note: Any cancelled classes will be rescheduled on May 11th. Participants must have completed the American Red Cross Level 4 Swim or be able to swim 150 yards demonstrating (in good form) the front crawl, back stroke, sidestroke, and elementary backstroke.

Scouts 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 spinal injury.

Dates: Sundays, March 30-May 4 #321510.1
 exclude April 20 and 27

Time: 11:10 a.m.-12:25 p.m.
Location: Greenfield High School, Pool
 60th & Layton, use door #11

Fee: Resident \$56.00
 Non-Resident \$84.00

Note: Any cancelled classes will be rescheduled on May 11th. Participants must have already earned the Swimming Merit Badge and be at least an American Red Cross Level 5 swimmer, or be able to swim 400 yards using front crawl, sidestroke, breaststroke, and elementary backstroke. This is not the BSA Lifeguard course.