

# AQUATIC PROGRAMS

## Before You Dip Into the Pool Frequently Asked Questions and Answers for Aquatic Programs

**When should we arrive:** Please, no more than five minutes before class and please pick up promptly at the end of class. Swim instructors are unable to supervise the child(ren) outside of class time.

**What TO bring and NOT TO bring:** Must provide own suit and towel. Proper swim attire required—no cut-offs, shorts, and/or t-shirts, and no 2-piece swim suits (bikinis). 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 plastic bottle is acceptable.)

**Locker Room:** Showers must be taken prior to swimming. Please use only the **LIGHT** colored lockers and bring your own lock. Children of the opposite sex may accompany a parent in the locker room if 5 years of age or under. Children ages 6 and above are expected to use the designated locker rooms—males in the boys/females in the girls.

**Spectators:** Parents will be allowed to observe instructional classes on the first day, observation day, and the last class only! No spectators on deck/bleachers during lessons or open swim time (State Code).

**Pool Entrance:** Please use doors in the back (east side #C20), horseshoe parking lot, or upper gym entrance.

**Water Temperature:** 80-82 degrees

**Pool Rental:** Children 6 and under must have an ADULT (18+) in the water and within arms reach of the child AT ALL TIMES. Pool rules enforced by lifeguards. Use of pool toys (noodles or dive rings, etc.) is at the discretion of the head lifeguard.

## 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/Times:**

Session I      Thursdays                      **#211502.1**  
September 19-November 21  
6:00-6:30 p.m.

Session II      Saturdays                              **#211502.2**  
September 28-November 23  
exclude October 5  
12:15-12:50 p.m.

**Place:** Greendale High School Pool

**Fee per pair per session:**

Resident \$48.50  
Non-Resident \$58.50

**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.

## Pool Rentals

Add a little splash to your next event ... be it a birthday party, church group, scouts, club, or organization. Have a fun-filled time!

**Dates:** Friday Evenings  
October 25-December 6  
exclude November 29

**Time:** 6:30 p.m. start time

**Place:** Greendale High School, Pool

**Rental Fee:** Up to 49 participants:  
Resident \$50.00 per hour  
Non-Resident \$60.00 per hour  
50-99 participants:  
Resident \$60.00 per hour  
Non-Resident \$70.00 per hour

If you submit and pay for up to 49 people and more attend, only 49 people will be allowed to participate due to department ratios of users/staff. To reserve a date, pick up policies and an application from the Park and Recreation Office. *Requests must be made at least two weeks prior to requested usage.* Sorry, no food and/or drink will be allowed in the pool.



## 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:** Thursdays                      **211505.1**  
September 19-November 21

**Time:** 7:45-8:25 p.m.

**Place:** Greendale High School  
Pool

**Fee:** Resident \$16.50  
Non-Resident \$26.50

**Supervisor:**  
Greendale Park and Rec Aquatic Staff



Online Resident  
Registration starts  
on September 4!!

### Deep Water Fitness

ages 16 years and older, adults and seniors

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 work out can provide as you reap the benefits of a deep water workout.

**Dates/Times:**

Session I	<u>Tuesdays</u> 6:35-7:35 p.m. September 24-November 19 exclude October 22	<b>#211512.1</b>
Session II	<u>Thursdays</u> 6:35-7:35 p.m. September 26-November 21 exclude October 24	<b>#211512.2</b>
Session III	<u>Sundays</u> 10:05-11:05 a.m. September 22-November 17 exclude October 27	<b>#211512.3</b>
Session IV	<u>Tuesdays and Thursdays</u> 6:35-7:35 p.m. December 3-19	<b>#211512.4</b>

**Place:** Greenfield High School Pool (deep end)  
(60th & Layton, use entrance #11)

**Fees per sessions:**

SI, II or III	Resident \$24.00 Non-Resident \$36.00
SIV	Resident \$18.00 Non-Resident \$27.00

**Instructors:**

Tue/Thur	Janet Haefemeyer, AEA Certified
Sun	Freda Wright

**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 and adults/seniors

Water Fitness breaks through the typical confines of land-based classes to help you move your body differently. Water Fitness is located in the pool and is an ultra-low impact combination of cardio, strength, and stretching exercises. Instructors infuse their individual style into classes that build muscle, improve balance and burn calories in an environment that reduces stress on joints and muscles. Truly for all levels. Each participant decides his or her own pace and repetitions.

<b>Dates:</b>	Sundays September 22-November 17 exclude October 27	<b>#211503.1</b>
<b>Time:</b>	9:00-9:50 a.m.	
<b>Place:</b>	Greenfield High School Pool (60th & Layton, use entrance #11)	
<b>Fee:</b>	Resident \$24.00 Non-Resident \$36.00	
<b>Instructor:</b>	Freda Wright	
<b>Note:</b>	No swim experience is necessary.	

### Mermaid Level I: Basics

ages 8 through 15

Learn how to safely wear your mermaid mono-fin and become comfortable swimming using it. Skills include the basic mermaid kick, opening eyes and holding breath under water, mermaid arms, full body swim, legs only swim, back float and swim mermaid style and touching the bottom at increasing depths. Class skills will be increased based upon participants' skill levels.

<b>Dates:</b>	Sundays September 22-November 17 exclude October 27	<b>#221526.1</b>
<b>Time:</b>	12:00-12:30 p.m.	
<b>Place:</b>	Greenfield High School Pool (use entrance #11)	
<b>Fee:</b>	Resident \$44.00 Non-Resident \$66.00	
<b>Instructor:</b>	Greenfield Parks & Recreation Aquatic Staff	
<b>Note:</b>	Mermaid I has a pre-requisite of completion of American Red Cross Level 4 Learn to Swim.	



### American Red Cross Lifeguard Course R.17 "Blended Learning"

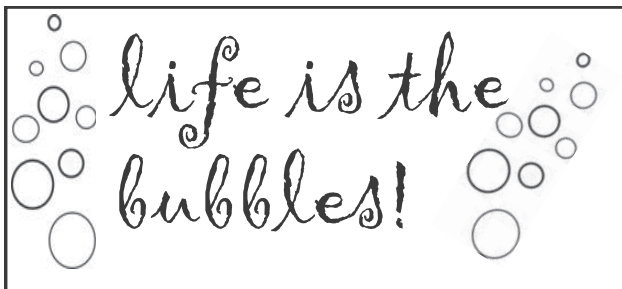
ages 15 years and older and adults

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 Prerequisites to successfully complete include swimming 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may 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 object, 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, exit the water without using a ladder or steps. To successfully complete this course, you must attend all class sessions, pass both final written exams with a minimum grade of 80 percent, and demonstrate competency in all required skills and activities.

<b>Dates/Times:</b>	Pre course	Thursday, December 19 (7:15-9:15 p.m.)	<b>#221525.1</b>
	Course	Friday, January 10 (5:00-9:00 p.m.) Saturday, January 11 (9:00 a.m.-6:00 p.m.) Sunday, January 12 (9:00 a.m.-12:00 p.m.)	
<b>Place:</b>	Greenfield High School Pool (Use Entrance #11)		
<b>Fee:</b>	Resident \$200.00 Non-Resident \$225.00		
<b>Instructor:</b>	Greenfield Parks & Rec Staff, Certified Instructor Trainer		



# 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 be allowed to observe from the bleacher area during the FIRST CLASS, OBSERVATION DATE, and FINAL CLASS ONLY! Normal water temperature is 80-82.

**Dates:** **Thursdays**  
September 19-November 21  
Observation Date: October 17  
**Saturdays**  
September 28-November 23  
exclude October 5  
Observation Date: October 19

**Place:** Greendale High School, Pool

**Fee per session:**

Resident \$48.50  
Non-Resident \$58.50

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.

**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 42 of this brochure and register according to the skill levels.



## Teen/Adult Beginner Swim Lessons

ages 14 and older and adults

Think you will sink? Afraid to get your head wet? Our instructor will work with you in this group lesson to overcome your fear of the water and learn basic skills.

**Dates:** Tuesdays  
September 24-November 19  
exclude October 22  
**Time:** 7:05-7:45 p.m.  
**Place:** Greenfield High School  
Pool (use entrance #11)  
**Fee:** Resident \$44.00  
Non-Resident \$66.00  
**Instructor:** Greenfield Parks & Recreation Aquatic Staff

#221518.1

### 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.

**Saturday** 12:55-1:35 p.m.  
**Thursday** 6:35-7:05 p.m.

*Ratios: 6 per instructor.*  
#221501.1a  
#221501.3a

### 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.

**Saturday** 1:40-2:20 p.m.  
**Thursday** 7:10-7:40 p.m.

*Ratios: 6 per instructor.*  
#221502.1a  
#221502.3a

### 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.

**Saturday** 12:55-1:35 p.m.  
**Thursday** 6:00-6:30 p.m.  
**Thursday** 7:10-7:40 p.m.

*Ratios: 6 per instructor.*  
#221503.1a  
#221503.3a  
#221503.3b

### 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.

**Saturday** 2:25-3:05 p.m.

*Ratios: 10 per instructor.*  
#221504.1a

### 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.

**Thursday** 7:45-8:25 p.m.

*Ratios: 10 per instructor.*  
#221505.3a

### 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.

**Thursday** 7:45-8:25 p.m.

*Ratios: 10 per instructor.*  
#221506.3a

## Swim Pretest

ages 6 and older

New to the Swim Instruction program? Has it been a few years since the last lesson? This Swim Pretest provides an opportunity for:

- One-on-one skill screening
- Level placement
- Introducing yourself and your child to the facilities.

Advance registration is not required and there is no charge. First come, first served – meet the staff on the pool deck & sign in for your turn. Sorry, class registrations are not accepted at the pool site.

**Tuesday, September 3 - 6:15-7:15 p.m.**  
**Greendale High School Pool**

*Gift Certificates Available*

For the person who has everything, or for birthdays or special events, consider giving a Greendale Park & Recreation Gift Certificate.

Gift Certificates are available in any denomination and are good toward any Greendale Park & Recreation classes.

Purchase your Greendale Park & Recreation Gift Certificate at the Greendale Park & Recreation Department.

## 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 be allowed to observe from the bleacher area during the FIRST CLASS, OBSERVATION DATE, and FINAL CLASS ONLY! Normal water temperature is 80-82.

**Dates:** Thursdays  
September 19-November 21  
Observation Date: October 17

Saturdays  
September 28-November 23  
exclude October 5

Observation Date: October 19

**Place:** Greendale High School, Pool

**Fee per session:** Resident \$48.50  
Non-Resident \$58.50

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.*

**Saturday** 3:10-3:50 p.m. #221521.1a

### Sea Squirts II

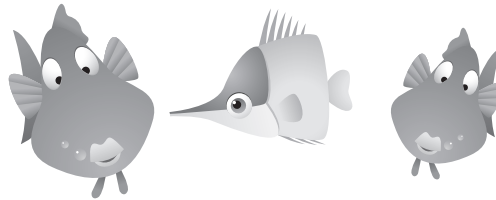
Fundamental Aquatic Skills ... Passed Sea Squirt One, works on floating without support, builds on kicking and basic swimming skills by increasing distance while decreasing support. *Ratios: 6 per instructor.*

**Thursday** 6:35-7:05 p.m. #221522.3a

### 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** 6:35-7:05 p.m. #221523.3a



### Swim Pretest

ages 4 and 5 years

New to the Swim Instruction program? Has it been a few years since the last lesson? This Swim Pretest provides an opportunity for:

- One-on-one skill screening
- Level placement
- Introducing yourself and your child to the facilities.

Advance registration is not required and there is no charge. First come, first served – meet the staff on the pool deck & sign in for your turn. Sorry, class registrations are not accepted at the pool site.

**Tuesday, September 3 - 6:15-7:15 p.m.**  
**Greendale High School Pool**



## 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.