

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 Department 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 For Summer Only: Please use doors on the east side of the high school. (B11) for daytime classes; use hallway side entrance (C20) for evening classes.

Water Temperature: 80-82 degrees

Open Swim: Children 6 and under must have someone 16 years or older 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

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/Times:

Session I	Mondays	6:15-6:45 p.m.	#111502.1
	June 17-July 29 (exclude July 1)		
Session II	Tuesdays	6:00-6:30 p.m.	#111502.2
	June 18-July 30 (exclude July 2)		
Session III	Wednesdays	6:15-6:45 p.m.	#111502.3
	June 19-July 31 (exclude July 3)		
Session IV	Thursdays	6:00-6:30 p.m.	#111502.4
	June 20-August 1 (exclude July 4)		

Place: Greendale High School Pool
Fee per pair per session:
 Resident \$30.00
 Non-Resident \$40.00

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
 June 18-July 25
 exclude July 2 & 4
Time: 8:00-8:40 p.m.
Place: Greendale High School, Pool
Fee: Resident \$40.00
 Non-Resident \$50.00

#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 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
 June 18-July 25
 exclude July 2 & 4
Time: 8:00-8:40 p.m.
Place: Greendale High School, Pool
Fee: Resident \$20.00
 Non-Resident \$30.00

#111505.1



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 beating the summer heat!

Dates/Times: Friday Evenings
 June 28-July 26
 exclude July 5
 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.



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: Day Classes

Mondays through Thursdays

Session I June 17-27, Observation Date: June 20

Session II July 8-18, Observation Date: July 11

Session III July 22-August 1, Observation Date: July 25

Evening Classes

Session IV Tuesdays and Thursdays

June 18-July 30 (exclude July 2 & 4)

Observation Date: June 27

Session V Mondays and Wednesdays

June 17-July 29 (exclude July 1 & 3)

Observation Date: June 26

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.

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 and third 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	11:15-11:55 a.m.	#121501.1a
	12:00-12:40 p.m.	#121501.1b
Session II	11:15-11:55 a.m.	#121501.2a
Session III	12:00-12:40 p.m.	#121501.3a
Session IV	6:40-7:10 p.m.	#121501.4a

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	11:15-11:55 a.m.	#121502.1a
	12:45-1:25 p.m.	#121502.1b
Session II	12:00-12:40 p.m.	#121502.2a
	12:45-1:25 p.m.	#121502.2b
Session III	10:30-11:10 a.m.	#121502.3a
	12:00-12:40 p.m.	#121502.3b
Session IV	6:45-7:15 p.m.	#121502.4a
Session V	7:25-7:55 p.m.	#121502.5a

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	12:45-1:25 p.m.	#121503.1a
Session II	10:30-11:10 a.m.	#121503.2a
	12:00-12:40 p.m.	#121503.2b
Session III	10:30-11:10 a.m.	#121503.3a
	1:40-2:20 p.m.	#121503.3b
Session IV	6:15-6:45 p.m.	#121503.4a
Session V	7:25-7:55 p.m.	#121503.5a

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	1:30-2:20 p.m.	#121504.1a
Session II	1:30-2:20 p.m.	#121504.2a
Session III	12:45-1:35 p.m.	#121504.3a
Session IV	7:15-7:55 p.m.	#121504.4a

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	1:30-2:20 p.m.	#121505.1a
Session II	1:30-2:20 p.m.	#121505.2a
Session III	12:45-1:35 p.m.	#121505.3a
Session IV	7:15-7:55 p.m.	#121505.4a

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	1:30-2:20 p.m.	#121506.1a
Session II	1:30-2:20 p.m.	#121506.2a
Session III	12:45-1:35 p.m.	#121506.3a
Session IV	7:15-7:55 p.m.	#121506.4a

Swim Pretest

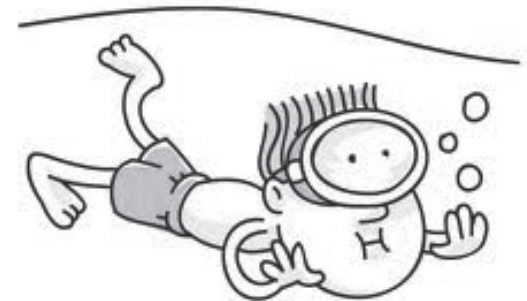
ages 6 years and older

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.

Thursday, May 9-6:15-7:15 p.m.
Greendale High School Pool



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.

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Dates: Day Classes

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 Session I June 17-27, Observation Date: June 20
 Session II July 8-18, Observation Date: July 11
 Session III July 22-August 1, Observation Date: July 25

Evening Classes

Session IV Mondays and Wednesdays
 June 17-July 29 (exclude July 1 & 3)
 Observation Date: June 26

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.

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 and third session offerings may be adjusted depending on enrollment and skill levels.

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Thursday, May 9-6:15-7:15 p.m.
 Greendale High School Pool

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 12:00-12:40 p.m. #121521.1a
 Session II 12:45-1:25 p.m. #121521.2a
 Session III 11:15-11:55 a.m. #121521.3a
 Session IV 6:50-7:20 p.m. #121521.4a

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 12:00-12:40 p.m. #121522.1a
 Session II 11:15-11:55 a.m. #121522.2a
 Session III 11:15-11:55 a.m. #121522.3a
 Session IV 6:50-7:20 p.m. #121522.4a

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 12:45-1:25 p.m. #121523.1a
 Session IV 6:15-6:45 p.m. #121523.4a

Advanced Sea Squirts II/III Combo

Pre-Introduction to Water Skills for Level One. ... Successfully completed Sea Squirts II and/or III, develops confidence and proficiency in strokes, kicks, and basic water safety skills. (This is a pre-course for Level One but does not count as an actual Level One class.)

Ratios: 6 per instructor.
 Session I 10:30-11:10 a.m. #121524.1a
 Session II 10:30-11:10 a.m. #121524.2a
 Session III 1:40-2:20 p.m. #121524.3a

Teen/Adult Beginner Swim Lessons

ages 15 years 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 #121518.1
 June 11-July 30
 exclude July 2

Time: 7:05-7:45 p.m.
Place: Greenfield High School Pool
 (60th & Layton, use entrance #11)

Fee: Resident \$39.00
 Non-Resident \$59.00

Instructor: Staff of Greenfield Parks and Recreation Aquatics



Open Swim

Make some waves during the time set aside for recreational swimming. Any child under 46" tall must be accompanied, at all times, in the water by someone 16 years or older. All pool rules are enforced during these times. No lap swimming available during Open Swim. If 14 or older, check out Master Swim.

Dates: Mondays through Thursdays, June 17-August 1
 exclude July 4

Time: 2:35-4:35 p.m.

Place: Greendale High School, Pool

Fee: Adults-\$3.00
 Students (5-17 years of age)-\$2.50
 Toddlers (4 and under)-\$1.50 Please bring exact change.

Note: Parents... please pick up your child by 4:35 p.m.; otherwise, your child will be left outside unattended after 4:35 p.m.

2019 Family Fun Patch #111506.1

Here's a super deal for frequent swimmers and large families who like to swim. This patch enables Greendale residents to attend the Greendale Open Swim program at any time during the 2019 summer months for one low price. The cost of this patch, good for one person, is \$40.00 plus \$5.00 for each additional family member with a maximum cost of \$55.00. (Example: 2 parents and 2 children = \$55.00)

Replacement patch cost is \$10.00 each.

**The Patches Are Non-Transferable,
 Non-Refundable And Only Available To
 Greendale Residents when purchased in-person at
 Park & Recreation office!**

Semi-Private Swim Lesson Instruction

ages 4 years and older

Has your child struggled in a swim level and needs help with just one or two issues (breathing, floating, strokes, going under the water, getting into the water, etc.)? If so, you would find semi-private lessons might be just the thing to get them past that obstacle, then this instruction is for you!

Dates: Monday through Thursday
 July 29-August 1

Times: Session I 2:00-2:25 p.m. #121520.1
 Session II 2:00-2:25 p.m. #121520.2

Place: Greendale High School Pool

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

Note: Please bring the student's most current level course record sheet to the first class so the instructor can see the areas needing concentration.

Shallow Water Fitness

adults and 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.

Dates: Wednesdays **#111503.1**
 June 12-July 31
 exclude July 3

Time: 6:45-7:35 p.m.

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

Fee: Resident \$21.00
 Non-Resident \$31.00

Instructor: Freda Wright

Note: No swim experience is necessary.

Mermaid I Swimming

ages 8 through 15 years



While legs are for walking, fins are for swimming! Mermaids and Mermen are both welcome! Increase your water confidence and swimming skills through fun and play. These classes will help build core muscles and leg strength as youth master a balanced dolphin kick. Park & Recreation will have mono-fins available for youth to use in class. A full mermaid tail is optional (not provided).

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.

Dates: Wednesdays **#121526.1**
 June 12-July 31
 exclude July 3

Time: 7:05-7:45 p.m.

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

Fee: Resident \$39.00
 Non-Resident \$59.00

Instructor: Staff of Greenfield Parks and Recreation Aquatics

Note: Mermaid I has a pre-requisite of completion of American Red Cross Level IV Learn to Swim.

Deep Water Fitness

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 **#111512.1**
 Tuesdays
 6:35-7:35 p.m.
 June 11-July 30
 exclude July 2

Session II **#111512.2**
 Wednesdays
 5:45-6:35 p.m.
 June 12-July 31
 exclude July 3

Session III **#111512.3**
 Thursdays
 6:35-7:35 p.m.
 June 13-August 1
 exclude July 4

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

Fee per session: Resident \$21.00
 Non-Resident \$31.00

Instructors: Tue/Thur Janet Haefemeyer, AEA Certified
 Wed Freda Wright

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

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.

Dates/Times: **#121525.1**

Pre course Thursday, May 23 (7:15-9:15 p.m.)
 Friday, May 31 (5:00-9:00 p.m.)
 Saturday, June 1 (9:00 a.m.-5:00 p.m.)
 Tuesday, June 4 (5:00-9:00 p.m.)

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

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

Instructor: Greenfield Parks & Rec Staff,
 Certified Instructor Trainer

Deadline to Register: May 20th