

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 January 24-April 4 exclude March 28 6:00-6:30 p.m.	#311502.1	Session II	Saturdays January 26-March 16 12:15-12:50 p.m.	#311502.2
	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/Times: Friday Evening
February 1, February 15
or March 1
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.

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: Tuesdays
6:35-7:35 p.m.
Session I January 22-March 12 #311512.1
Session IV April 2-May 21 #311512.4
Thursdays
6:35-7:35 p.m.
Session II January 24-March 14 #311512.2
Session V April 4-May 23 #311512.5
Sundays
10:05-11:05 a.m.
Session III January 20-March 10 #311512.3
Session VI March 31-May 19 #311512.6
exclude April 21
Place: Greenfield High School
Pool (deep end)
(60th & Layton, use entrance #11)
Fees per session:
SI-V Resident \$24.00
Non-Resident \$36.00
SVI Resident \$20.00
Non-Resident \$30.00

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.



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 **#311505.1**
 January 22-April 4
 exclude March 26 & 28
Time: 7:45-8:25 p.m.
Place: Greendale High School Pool
Fee: Resident \$33.50
 Non-Resident \$43.50
Supervisor: Greendale Park and Rec Aquatic Staff



NEW!

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/Fees: Sundays **#311503.1**
 Session I January 20-March 10
 Resident \$24.00
 Non-Resident \$36.00
 Session II March 31-May 19 **#311503.2**
 exclude April 21
 Resident \$20.00
 Non-Resident \$30.00
Time: 9:00-9:50 a.m.
Place: Greenfield High School Pool
 (60th & Layton, use entrance #11)
Instructor: Freda Wright
Note: No swim experience is necessary.

Teen/Adult Beginner Swim Lessons

ages 13 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
 Session I January 22-March 12 **#321518.1**
 Session II April 2-May 21 **#321518.2**
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 and Rec Aquatic Staff

Mermaid Level I: Basics

ages 8 through 15 years

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.

Dates/Fees: Sundays **#321526.1**
 Session I January 20-March 10
 Resident \$44.00
 Non-Resident \$66.00
 Session II March 31-May 19 **#321526.2**
 exclude April 21
 Resident \$39.00
 Non-Resident \$59.00
Time: 12:05-12:35 p.m.
Place: Greenfield High School Pool (use entrance #11)
Instructor: Susie Mejchar
Note: Mermaid I has a pre-requisite of completion of American Red Cross Level 4 Learn to Swim.

American Red Cross Water Safety Instructor (WSI)

ages 16 years and older and adults

This course trains Water Safety Instructor candidates to teach courses and presentations in the American Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participant's progress. The courses and presentations include Parent and Child Aquatics Levels 1 and 2, Preschool Aquatics Levels 1 - 3, Learn-to-Swim Levels 1 - 6, three adult courses, as well as the Basic Water Rescue and Personal Water Safety courses and more. To enroll, instructor candidates must be at least 16 years of age on or before the last day of the instructor course and successfully complete the pre-course skills which include demonstration of swimming skills at the Learn-to-Swim Level 4.

Dates: Thursdays through Sundays **#321507.1**
 January 3-6 AND January 17-20
Times: January 3, 4, 17 & 18 (6:00-9:00 p.m.)
 January 5, 6, 19 & 20 (9:00 a.m.-3:00 p.m.)
Place: Greenfield High School Pool
Fee: Resident \$200.00
 Non-Resident \$250.00
Instructor: Susie Mejchar, Certified Instructor Trainer
Note: Attendance at all classes is required for successful completion of this certification.

Participants may register for this program upon receipt of this brochure by calling the Park and Recreation office.



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: **Tuesdays**
January 22-April 2
exclude March 26
Observation Date: February 19
Thursdays
January 24-April 4
exclude March 28
Observation Date: February 21
Saturdays
January 26-March 16
Observation Date: February 16

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, please see the "Sea Squirts" program on page 39 of this brochure and register according to the skill levels.



Level I

Introduction to Aquatic Skills ... Helps children feel comfortable in the water while learning basic aquatic skills and water safety. All skills done with assistance. *Ratios: 6 per instructor.*

Saturday 12:55-1:35 p.m. **#321501.1a**
Thursday 6:35-7:05 p.m. **#321501.3a**

Level II

Fundamental Aquatic Skills ... Successfully Completed 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.*

Saturday 1:40-2:20 p.m. **#321502.1a**
Tuesday 6:35-7:05 p.m. **#321502.2a**
Thursday 7:10-7:40 p.m. **#321502.3a**

Level III

Stroke Development ... Successfully Completed 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.*

Saturday 12:55-1:35 p.m. **#321503.1a**
Tuesday 7:10-7:40 p.m. **#321503.2a**
Thursday 6:00-6:30 p.m. **#321503.3a**
Thursday 7:10-7:40 p.m. **#321503.3b**

Level IV

Stroke Improvement... Successfully Completed Level Three, develops confidence and competency in front crawl, elementary backstroke, backstroke, begins breaststroke, sidestroke, and butterfly. Builds on water safety skills. *Ratios: 10 per instructor.*

Saturday 1:40-2:20 p.m. **#321504.1a**
Tuesday 7:45-8:25 p.m. **#321504.2a**

Level V

Stroke Refinement ... Successfully Completed 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.*

Thursday 7:45-8:25 p.m. **#321505.3a**

Level VI

Swimming and Skill Proficiency... Successfully Completed 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. *Ratios: 10 per instructor.*

Thursday 7:45-8:25 p.m. **#321506.3a**

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.

Wednesday, January 2
6:00-7:00 p.m.
Greendale High School Pool

Boy Scout Swimming Merit Badge

Swimming is a leisure activity, a competitive sport, and a basic survival skill. Boy Scouts seeking to earn this badge will learn about safety when swimming and diving, how swimming can contribute to overall fitness and health, and gain some competitive swimming and water rescue skills.

This course is designed for Scouts seeking to earn the entire merit badge so plan to attend all four sessions.

Dates: Saturdays **#321513.1**
January 26-February 23

Time: exclude February 2
9:00-10:00 a.m.
Place: Whitnall High School Pool

Fee: Resident \$20.00
Non-Resident \$30.00
Instructor: Mike Seavert

Note: Participants must have completed the American Red Cross Level Four Swim or be able to swim 100 yards demonstrating (in good form) the front crawl, elementary backstroke, and back crawl.

Boy Scout 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 reaching and throwing assists, tired swimmer assists, removing someone from the water, defenses and escapes should someone grab you, how to assist in a missing swimmer drill, and how to care for a spinal injury.

This course is designed for those seeking to earn the entire merit badge so plan to attend all four sessions. This is not the BSA Lifeguard course.

Dates: Saturdays **#321510.1**
January 26-February 23
exclude February 2

Time: 10:15-11:45 a.m.
Place: Whitnall High School Pool

Fee: Resident \$30.00
Non-Resident \$45.00

Instructor: Mike Seavert
Note: Participants must have completed the American Red Cross Level Five Swim or be able to swim (in good form) 100 yards of the front crawl, back crawl, and be comfortable in deep water.

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: **Tuesdays**
January 22-April 2
exclude March 26
Observation Date: February 19

Thursdays
January 24-April 4
exclude March 28
Observation Date: February 21

Saturdays
January 26-March 16
Observation Date: February 16
Greendale High School, Pool
Resident \$48.50
Non-Resident \$58.50

Place:
Fee per session:

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.

Swim Pretest

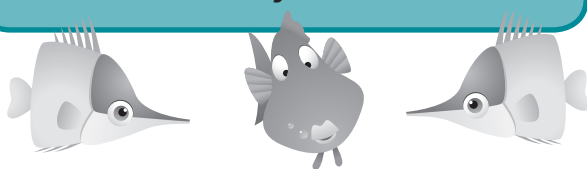
ages 4 and 5 years

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.

Wednesday, January 2
6:00-7:00 p.m.
Greendale High School Pool



Sea Squirts I

Introduction to Basic Aquatic Skills ... Helps children feel comfortable in the water and enjoy the water safely while learning how to float, kick and do elementary strokes.

Saturday 2:25-3:05 p.m. *Ratios: 6 per instructor.* **#321521.1a**

Sea Squirts II

Fundamental Aquatic Skills ... Successfully Completed Sea Squirrel One, works on floating without support, builds on kicking and basic swimming skills by increasing distance while decreasing support.

Saturday 12:10-12:50 p.m. *Ratios: 6 per instructor.* **#321522.1a**
Tuesday 6:00-6:30 p.m. **#321522.2a**
Thursday 6:35-7:05 p.m. **#321522.3a**

Sea Squirts III

Stroke Development... Successfully Completed Sea Squirrel Two, continues to work on kicking, glides and introduces rotary breathing. Independent swimming on front and back strokes are the primary focus.

Saturday 12:10-12:50 p.m. *Ratios: 6 per instructor.* **#321523.1a**
Thursday 6:35-7:05 p.m. **#321523.3a**

NEW! 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.)

Tuesday 6:00-6:30 p.m. *Ratios: 6 per instructor.* **#321524.2a**

practice
makes
perfect

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:

Pre course Thursday, January 3 (7:15-9:15 p.m.) **#321525.1**

Friday, January 11 (5:00-9:00 p.m.)

Saturday, January 12 (9:00 a.m.-6:00 p.m.)

Sunday, January 13 (9:00 a.m.-12:00 p.m.)

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

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

Instructor: Greenfield Parks & Rec Staff,
Certified Instructor Trainer



Participants may register for this class upon receipt of this brochure by calling the Park and Recreation office.