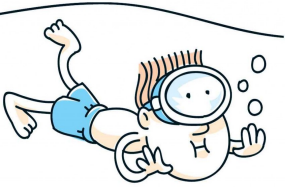


City of Elkader

2018 SWIMMING LESSON REGISTRATION



(Please keep this page for future reference)

- Registration deadline is ten days before lessons are scheduled (\$5 late fee after deadline)
- Class will be filled on a first come, first served basis.
- Certified Red Cross Water Safety Instructors will teach the courses with the help of lifeguards.

Schedule for regular group lessons for children 5 years old or older:

Classes are \$30 and are 45 minutes long and will meet M-Th (Fridays will be make-up days if needed)

July 16-27: at 9:00 a.m. - level 2 and swim aide will be offered;
at 10:00 a.m. levels 1 and 4 will be offered;
at 11:00 a.m.- levels 3 and 5 will be offered
at 5:30 p.m. - levels 1 and 4 will be offered;
at 6:30 p.m. - level 2 and swim aide will be offered;
at 7:30 - levels 3 and 5 will be offered

Level I - Introduction to Water Skills

* Enter/Exit Water *Open eyes under water * Retrieve object *Front/Back Float/Glide with support *Fully submerge & hold breath/bobbing *Treading Water in chest-deep water is introduced

Level II - Fundamental Aquatic Skills

* Enter/Exit Water *Front/Back Float/Glide *Fully submerge & hold breath/bobbing *Treading Water is introduced

Level III - Stroke Development

* Rotary Breathing * Introduce Diving Skills * Introduce Front Crawl & Elem Backstroke * Child must be able to front/back float well

Level IV - Stroke Improvement

* Increase endurance for Front and Back Crawl * Introduce Butterfly, Sidestroke, and Breaststroke
* Survival Swimming/ underwater swimming

Level V - Stroke Refinement

* Refine performance of all strokes: Front Crawl, Back Crawl, Butterfly, Breaststroke, Elementary Backstroke, and Sidestroke * Learn Flip Turns, sculling, surface dives

Swim Aide - Swimming and Skill Proficiency

* Students learn to swim with more ease, efficiency, power and smoothness over greater distances
* Includes intro to lifeguarding and equipment-based rescues, spinal injury management, post-rescue care, First-Aid, and CPR

Preschool Aquatics: Designed for ages 3-5, students will learn basic aquatic safety and survival skills to increase children's comfort level in and around the water.

Mondays - June 11, 18, 25 6:30-7:00 p.m. or 7:00-7:30 p.m. \$20.00

Private lessons: Private lessons should be scheduled through the pool manager by calling 245-1510 once the pool opens. The cost is \$65 for five, half-hour lessons.

Lessons for adults: At this time, no group lessons for adults are scheduled, but please call the Pool Manager and inquire. The Pool Manager will keep a list and if there are enough interested, a class will be scheduled. Private lessons may also be a good option.

You will be contacted if you are not able to be in the session of your choice.

CANCELLATIONS: Swimming lessons may be cancelled due to severe weather, extreme cold, or pool maintenance difficulties. Cancellations will be announced on FM 100 and will also be posted on Facebook/Elkader Swimming Pool. If unsure whether lessons are cancelled, please call the pool before coming at (563)245-1510.

The Pool staff may also use the "Remind" App to make announcements. To sign up TEXT @chd394 to 81010 and follow the instructions to download the "Remind" App.

OBSERVATIONS: You are welcome to watch your child on the FIRST AND LAST days of the sessions only. Please honor this request; your presence often distracts the swimmers. Please also stay **outside the fence** when watching your child(ren).

Return registration to the Elkader Pool

or

drop off at Elkader City Hall (207 North Main - PO Box 427- Elkader, IA 52043)

or

registration may also be dropped off at the school before June 1st.

Make checks payable to City of Elkader

City of Elkader
2018 SWIMMING LESSON REGISTRATION



(Please detach and return this page with payment)

Return registration to the Elkader Pool or drop off at Elkader City Hall; 207 North Main - PO Box 427- Elkader, IA 52043 (registration may also be dropped off at the school before June 1st)

Make checks payable to City of Elkader

NAME _____

(one form for each participant)

ADDRESS _____

Birthdate _____ Age _____

Phone (h) _____ (c) _____

Permission is given for _____ to take swimming lessons. I voluntarily waive claim against the City of Elkader, the Elkader Pool Board and Staff, and the American Red Cross for any and all causes which may arise in connection with the Red Cross Swimming Program. I also state that my child is physically qualified to take swimming lessons.

 Signature of parent/guardian

Please circle desired level and either morning or evening session:

Swimming lessons: \$30.00

July 16-27:

Level 1	Level 2	Level 3	Level 4	Level 5	Swim Aide
10:00 a.m.	9:00 a.m.	11:00 a.m.	10:00 a.m.	11:00 a.m.	9:00 a.m.
5:30 p.m.	6:30 p.m.	7:30 p.m.	5:30 p.m.	7:30 p.m.	6:30 p.m.

Preschool Aquatics: Mondays-June 11, 18, 25 from 6:30-7:00 p.m. \$20.00

Mondays-June 11, 18, 25 from 7:00-7:30 p.m. \$20.00

This information is also available on our website at www.elkader-iowa.com/City-Hall.html and on Facebook at www.facebook.com/ElkaderPool