

2023 SWIM CLASSES

CLASSES ARE LIMITED AND FILLED ON A FIRST COME FIRST SERVED BASIS

INFORMATION TO PARENTS



1. Preregistration: Read through the course descriptions to determine which level of swimming your child should be placed. If your child took Learn to Swim Lessons with us last year, we have their level status on file. In addition to the skills listed, all the levels will include age appropriate water safety topics and an exit assessment for the level taken.

2. Limited Enrollment: Class enrollment is strictly regulated in order to provide a low teacher-student ratio. Once a class is filled, no one else will be allowed to register for it, so indicate alternate choices when registering.

3. Waiting List: Those wishing to be enrolled in a filled class may be placed on the waiting list at no cost. This does not guarantee a spot. If an opening occurs, the first person on the waiting list will be called.

4. Dates & Times: In our LEARN TO SWIM PROGRAM, there are three, 8-day sessions. Classes are 30 minutes in length. **This is actual time in the water**, so children should arrive 5-10 minutes prior to their class time.

5. First Day of Classes: The first day of class will be for getting the children grouped according to ability into small classes. This will take some time, so parents need to understand and be patient.

6. Attire: All participants must wear regulation swimming suits. Cut-offs are not allowed. **Infants and toddlers must wear a swim diaper if not yet toilet trained.**

7. Observation Areas: There will be specific areas designated for parents to observe. Parents will be asked to please stay in these areas so as to avoid distraction and confusion during classes.

8. Problems or Concerns: Any problems or concerns should be discussed with the pool manager. The manager will always be “on deck” to monitor and keep the lessons running smoothly. The manager can arrange for the parent to talk to an instructor, if necessary.

9. Cancellations: Classes may be cancelled due to low enrollment, mechanical breakdown or inclement weather. We will try to make up as many classes as the schedule allows. Weather cancellations will be announced on Facebook, Twitter, and <https://parks.decorah.org/>. If in doubt, contact the pool at 382-2055 or the Park-Rec. Office at 382-4158.

10. Early Departure from Class: If your child will be leaving before the session is over, please inform the manager or instructor so they can arrange for you to receive the skill sheet given on the last day.

11. Other: There will not be basket service provided during lessons. Baskets will be available for use to put belongings in and carried out on deck. Participants will be responsible for their own belongings.

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Parents: Parent-infant/toddler and preschool classes are designed to acquaint children with the water. They are not intended to teach your child to swim.

Aligns with
1st Session LTS

Aligns with
2nd Session LTS

Aligns with
3rd Session LTS

DON'T WAIT FOR THE DEADLINE - REGISTER EARLY FOR BEST AVAILABILITY

PARENT-INFANT/TODDLER

Introduction class for infants and toddlers (3 mos. To 3 yrs.) who are accompanied by one or both parents in the water.

Provides information and techniques for parents to aid their child in becoming comfortable in and around the water. **Each session consists of 4 weekdays. Classes are 30 minutes long.**

REGISTRATION FEE: \$20/PER PERSON

program number	class dates	class time	registration deadline
76-16	June 5, 6, 7, 9	5:50-6:20 pm	May 26
77-16	June 12, 13, 14, 16	5:50-6:20 pm	May 26
76-23	June 19, 21, 22, 23	10:45-11:15 am	June 9
76-26	June 26, 28, 29, 30	10:45- 11:15m	June 9
77-23	June 26, 28, 29, 30	5:50-6:20 pm	June 9
77-26	July 10, 11, 12, 13	10:00- 10:30 am	June 9
76-36	July 10, 11, 12, 13	12:30- 1:00 pm	June 23
77-36	July 10, 11, 12, 13	12:00-12:30 pm	June 23



PRIVATE SWIM LESSONS

Lessons are geared toward the abilities of your child and will consist of five 1/2-hour long classes (Monday thru Friday).

PRESCHOOL

For 3 and 4 year olds who will be comfortable in the water without a parent. **Each session consists of 4 weekdays. Classes are 30 minutes long.**

REGISTRATION FEE: \$20/PER PERSON

program number	class dates	class time	registration deadline
78-13	June 5, 6, 7, 9	10:45-11:15 am	May 26
78-14	June 5, 6, 7, 9	11:30 am-12:00 pm	May 26
78-16	June 5, 6, 7, 9	5:50-6:20 pm	May 26
79-13	June 12, 13, 14, 16	10:45-11:15 am	May 26
79-14	June 12, 13, 14, 16	11:30 am-12:00 pm	May 26
79-16	June 12, 13, 14, 16	5:50-6:20 pm	May 26
78-24	June 19, 21, 22, 23	11:30 am-12:00 pm	June 9
78-26	June 19, 21, 22, 23	5:50-6:20 pm	June 9
79-24	June 26, 28, 29, 30	11:30 am-12:00 pm	June 9
79-26	June 26, 28, 29, 30	5:50-6:20 pm	June 9
78-33	July 10, 11, 12, 13	10:00- 10:30 am	June 23
78-36	July 10, 11, 12, 13	11:00- 11:30 am	June 23
79-33	July 10, 11, 12, 13	11:30- 12:00 pm	June 23
79-36	July 10, 11, 12, 13	12:00- 12:30 pm	June 23

Private Swim Lessons

Offered weekly (A) 10:00-10:30am or (B) 12:15-12:45pm

Cost: \$85 per person

Dates	Registration Deadline
June 5- 9 (A,B)	May 19
June 12- 16 (A,B)	May 19
June 19- 23 (A,B)	May 19
June 26- 29 (A,B)	May 19
July 17- 21(A, B)	June 8
July 24- 28 (A, B)	June 8

Class sizes are limited. Registration closes on registration deadline listed or when class is full. Lessons will be geared toward the abilities of your child.

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LEARN TO SWIM PROGRAM COURSE DESCRIPTIONS

The Learn to Swim Program is geared for children 5 years and older. In Levels 3-6, child must be able to stand unassisted in 3 feet of water.



LEVEL 1 (INTRODUCTION TO WATER SKILLS)

Helps participants feel comfortable in the water.

- Enter and exit water independently, using a ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes underwater and retrieve submerged objects
- Front glide and float, and recover to a vertical position
- Back glide and float, and recover to a vertical position
- Roll from front to back and back to front
- Tread water, using arm and hand actions
- Alternating and simultaneous leg and arm actions on front
- Alternating and simultaneous leg and arm actions on back
- Combined arm and leg actions on front
- Combined arm and leg actions on back

LEVEL 2 (FUNDAMENTAL AQUATIC SKILLS)

Gives participants success with fundamental skills.

- Stepping or jumping from the side into chest-deep water
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Rotary breathing
- Front, jellyfish and tuck floats
- Front glide and float, and recover to a vertical position
- Back glide and float, and recover to a vertical position
- Roll from front to back and back to front
- Tread water, using arm and leg actions
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front
- Combined arm and leg actions on back
- Finning arm action on back

LEVEL 3 (STROKE DEVELOPMENT)

Builds on Level 2 skills with additional guided practice in deeper water.

- Jump into deep water from the side, fully submerge and return to side
- Headfirst entry from the side in seated and kneeling positions
- Bobbing while moving to safety
- Rotary breathing
- Survival float for 30 seconds
- Back float for 1 minute
- Tread water for 1 minute
- Swimming the front crawl for 15 yards
- Swimming the elementary backstroke for 15 yards
- Flutter, scissors and dolphin kicks
- Push off in streamlined position on front, then begin kicking

LEVEL 4 (STROKE IMPROVEMENT)

Develops confidence in skills learned and improves other aquatic skills.

- Headfirst entry in compact and stride positions
- Feetfirst surface dive
- Swim underwater
- Tread water, using 2 different kicks
- Survival swimming
- Front crawl for 25 yards
- Elementary backstroke for 25 yards
- Breaststroke for 15 yards
- Back crawl for 15 yards
- Butterfly for 15 yards
- Sidestroke for 15 yards
- Open turns on the front and back
- Flutter and dolphin kicks on back
- Push off in streamlined position on back, then begin kicking

LEVEL 5 (STROKE REFINEMENT)

Provides further coordination and refinement strokes.

- Performing a shallow-angle dive into deep water
- Tuck-surface dive, pike-surface dive
- Tread water for 5 minutes, tread water using legs only for 2 minutes
- Sculling for 30 seconds
- Front crawl for 50 yards
- Elementary backstroke for 50 yards
- Breaststroke for 25 yards
- Back crawl for 25 yards
- Butterfly for 25 yards
- Sidestroke for 25 yards
- Front and back flip turns


LEVEL 6 (SWIMMING AND SKILL PROFICIENCY)

Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances.

- Surface dive and retrieve object from the bottom 7-10'
- Front crawl for 100 yards
- Elementary backstroke for 100 yards
- Breaststroke for 50 yards
- Back crawl for 50 yards
- Butterfly for 50 yards
- Sidestroke for 50 yards
- Demonstrate open turns and front and back flip turns when swimming

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LEARN TO SWIM PROGRAM		REGISTRATION FEE: \$45 PER SESSION (each session consists of 8 weekdays)
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SKILL LEVELS ~ SEE COURSE DESCRIPTIONS ON OPPOSITE PAGE			
LEVEL 1	INTRODUCTION TO WATER SKILLS	LEVEL 4	STROKE IMPROVEMENT
LEVEL 2	FUNDAMENTAL AQUATIC SKILLS	LEVEL 5	STROKE REFINEMENT
LEVEL 3	STROKE DEVELOPMENT	LEVEL 6	SWIMMING & SKILL PROFICIENCY

CLASSES ARE LIMITED AND FILLED ON A FIRST COME FIRST SERVED BASIS
 We recommend not waiting until the deadline to register. Register early in May for best availability.

Registration Deadline for Session I is Friday, May 26						
SESSION I: June 5, 6, 7, 9, 12, 13, 14, 16						
No swim classes are scheduled on June 8 & 15 due to home swim meets						
CLASS TIME	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
10:45-11:15 am	81-13	82-13	83-13	84-13		
11:30 am -12:00 pm	81-14	82-14	83-14	84-14		
5:15-5:45 pm	81-15	82-15	83-15	84-15	85-15	86-15
5:50-6:20 pm	81-16	82-16	83-16	84-16	85-16	86-16

Registration Deadline for Session II is Friday, June 9						
SESSION II: June 19, 21, 22, 23, 26, 28, 29, 30						
No swim classes are scheduled on June 20 & 27 due to home swim meets						
CLASS TIME	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
10:45-11:15 am	81-23	82-23	83-23	84-23	85-23	
11:30 am -12:00 pm	81-24	82-24	83-24	84-24		86-24
5:15-5:45 pm	81-25	82-25	83-25	84-25	85-25	86-25
5:50-6:20 pm	81-26	82-26	83-26	84-26	85-26	86-26

Registration Deadline for Session III is Friday, July 7						
SESSION III: July 17, 18, 19, 20, 21, 24, 25, 26						
CLASS TIME	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
11:30– 12:00pm	81-33	82-33	83-33	84-33		
5:15-5:45 pm	81-35	82-35	83-35	84-35	85-35	86-35
5:50-6:20 pm	81-36	82-36	83-36	84-36	85-36	86-36

PLEASE OBSERVE REGISTRATION DEADLINES FOR EACH ACTIVITY

**REGISTER AT THE PARK REC. OFFICE (only cash or check payments accepted) OR
REGISTER ONLINE: <https://parks.decorahia.org> (only debit and credit cards accepted)**

CHECKS PAYABLE TO "DECORAH PARK-REC. DEPT": \$10 service charge on all returned checks. Send form and payment to Decorah Park-Rec. Office, PO Box 513, Decorah, IA 52101. **No receipts will be sent out.**

LATE REGISTRATIONS: For programs that include a team shirt, a shirt will not be guaranteed when registration is received beyond the program deadline. Late registrations for all programs will only be accepted in the Park-Rec. Office if space is available and a \$5.00 late charge will be added to the program fee.	REFUNDS: Given only if program is canceled due to low enrollment, program is filled or registrant cannot participate due to medical reasons. Refunds will be given in the form of a credit to an individual's or family's Parks & Recreation account. Decorah Parks and Recreation will not issue cash, check or credit card refunds.
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TEAM ASSIGNMENTS: Children will be placed on teams in a random manner with the exception of children living in the same household who will be assigned to the same team if in the same age/grade division. Requests to "team up" children for car pooling purposes will not be granted. If you feel you have extenuating circumstances, you may fill out a request form at the Park-Rec. Office to be reviewed by our staff.	CONDUCT POLICY: Children are required to follow all set rules and guidelines for programs or activities. The use of foul language, fighting or disruption of activities is prohibited. If acts of disruption occur, parents will be notified and further disciplinary actions will be discussed. Consequences of poor behavior may include time outs, temporary suspension or revocation of participation privileges.
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**RECREATION & SWIM CLASS REGISTRATION FORM
(or register online: <https://parks.decorahia.org>)**

HEAD OF HOUSEHOLD/GUARDIAN – FAMILY INFORMATION

FIRST NAME		LAST NAME	
ADDRESS			
CITY		STATE	ZIP
WORK PHONE	HOME PHONE	CELL PHONE	
EMAIL ADDRESS			
EMERGENCY CONTACT NAME AND PHONE IF DIFFERENT THAN ABOVE			

PARTICIPANT NAME	BIRTHDATE	SEX	PROGRAM NUMBER 1ST CHOICE	PROGRAM NUMBER 2ND CHOICE	SHIRT SIZE* 6-8, 10-12, 14-16 OR ADULT S, M, L, XL	FEE
* Shirt size is only needed for baseball, softball, pee wee t-ball and coach pitch programs. Program registrants assume full responsibility for any risk, implicit or direct, by participation in said activity or facility. You are advised the City does not provide medical insurance covering injuries to its participants.					TOTAL AMOUNT DUE	

WAIVER FORM: I, Parent or guardian of the entrant(s) listed above, waive and release any all rights and claims for damages against the City of Decorah, Decorah Parks and Recreation and its employees, Decorah Community Schools, other sponsors and volunteers, for any and all injuries that may be suffered by the entrant(s) listed above in connection with the above registered activity(ies). I grant the Decorah Parks and Recreation Department permission to use pictures or videos taken of my child during participation in programs. I waive my right to inspection and compensation.

HEAD OF HOUSEHOLD/GUARDIAN'S SIGNATURE _____

YES! I would like to volunteer to coach my child's team (please circle): pee wee t-ball or coach pitch

Name _____ T-Shirt Size (circle) S M L XL XXL

2023 SWIM POOL PASS INFORMATION

SEASON SWIM PASSES	On or before May 25	After May 25	<p align="center">Season swim passes can be purchased online at https://parks.decorahia.org or in the Park-Rec Office.</p> <p>If you purchased a swim pass in the 2022 season, you may renew that same pass for the 2023 season online. If you received a physical card and it has been lost, you may pick up a new card in our office.</p> <p>Each person will be issued their own unique QR code to present for admission. Each person may also choose to be issued their own uniquely numbered card to present for admission. Individuals wishing to be issued a card should stop by the Park-Rec Office to pick that up by Thursday, May 25.</p> <p>A lost card can be replaced for \$5.00 and must be paid for at the Park-Rec Office.</p>
Senior (65 yrs & over) and special needs patrons	80.00	85.00	
1 Person (ages 4-64)	80.00	85.00	
2 Person (ages 4 & up)	165.00	170.00	
3 Person (ages 4 & up)	185.00	190.00	
4 Person (ages 4 & up)	210.00	215.00	
5 Person (ages 4 & up)	235.00	240.00	
6 Person (ages 4 & up)	260.00	265.00	
7 Person (ages 4 & up)	285.00	290.00	
<p>PUNCH PASSES (12 admissions for the price of 10)</p>			<p>Punch passes can be purchased in the Park-Rec Office or at the pool. Punch passes must be paid for with cash or check. Punch passes allow you to purchase 12 pool admissions for the price of 10. Punch passes can be shared amongst family and friends as long as everyone falls into the same age category (4 to 64 or 65 and above). Children 3 and under receive free pool admission.</p>
Individual (4-64 yrs)	60.00	12 admissions	
Senior (65 yrs & over) and special needs patrons	50.00	12 admissions	

PURCHASE YOUR SEASON PASS BY MAY 25 FOR A \$5.00 SAVINGS

Passes purchased online can be picked up in the Park-Rec Office prior to May 29.

SWIM POOL PASS PURCHASE FORM (or purchase online at <https://parks.decorahia.org>)

ADDRESS OF PASS HOLDER(S)		
CITY	STATE	ZIP
WORK PHONE	HOME PHONE	CELL PHONE
EMAIL ADDRESS		

FIRST/LAST NAME OF PASS HOLDER(S)	BIRTHDATE	PASS NO. <i>for office use only</i>	PLEASE CHECK (✓) PASS CATEGORY
1.			<p align="center">PUNCH PASSES</p> <p align="center">_____ Individual \$ _____</p> <p align="center">_____ Senior \$ _____</p> <p align="center">SEASON PASSES</p> <p align="center">_____ Individual \$ _____</p> <p align="center">_____ Senior \$ _____</p> <p align="center">_____ 2 Person \$ _____</p> <p align="center">_____ 3 Person \$ _____</p> <p align="center">_____ 4 Person \$ _____</p> <p align="center">_____ 5 Person \$ _____</p> <p align="center">_____ 6 Person \$ _____</p> <p align="center">_____ 7 Person \$ _____</p>
2.			
3.			
4.			
5.			
6.			
7.			
<p>CHECKS PAYABLE TO: Decorah Parks and Recreation, PO Box 513, Decorah, IA 52101 \$10 service charge on all returned checks.</p>			<p>TOTAL AMOUNT DUE:</p>

