

## DUE TO CLASS LIMITATION, REGISTER EARLY FOR BEST AVAILABILITY

Deadline for most recreation programs and 1st session swim lessons is May 23

Purchase your Season Swim Pool Pass by June 1 for a reduced rate—see inside for other important Registration Deadlines



### DECORAH PARKS & RECREATION



Like Decorah Parks & Recreation on Facebook

### DECORAH PARKS & RECREATION OFFICE

PO Box 513  
400 Claiborne Drive (City Hall)  
Decorah, Iowa 52101  
Telephone: (563) 382-4158  
Fax: (563) 382-6525  
Email: [parkrec@decorahia.org](mailto:parkrec@decorahia.org)  
Web: <https://parks.decorahia.org>  
Office Hours: Monday thru Friday, 8am to 5 pm

### FULL-TIME STAFF

Andy Nimrod,  
Parks and Recreation Director  
Judy Syverson,  
Administrative Coordinator  
Erika Randall,  
Recreation Superintendent  
Scott Ihde,  
Park Superintendent  
Scott Vande Krol,  
Campground Superintendent  
Robin Sailor  
Park Assistant

### PARK-REC. BOARD

Rich Gaard, Chair  
Cindy Albers, Vice Chair  
Kathy Bakken  
Jeff O'Gara  
Shirley Vermace



Follow us on Twitter  
@DecorahParkRec

# SUMMER 2019

**Youth Programs:** Drama, Gardening, Guitar, Pee Wee T-Ball, Coach Pitch, Baseball, Softball, Soccer, Outdoor Basketball, Mountain Biking, Team Sports, Outposts, Track, Ultimate Sports, Tots Day Camp, Pee Wee Kids Camp, Dog Obedience & Agility Class, Drama Show Camp, Golf Camp  
**Programs for All Ages:** Tennis, Pickleball Clinics, Yoga in the Park  
**Special Events:** Live Healthy Iowa Kids Track Championship, Slide Into Summer Family Fun Night, Kids Fishing Day, Youth Fishing Clinic, Kids Fun Day at the Fair, Fair Fun Run, CREW Middle School Pool Party  
**Swim Classes:** Parent-Infant/Toddler, Pre-School, Learn to Swim Levels 1-6, Adaptive Swimming, Private Swim Lessons, Lifeguard Training, WSI  
**Adult Swimming (18 & Older):** Lap Swim, Aquacise, Beginner Swim Class

### CANCELLATIONS DUE TO WEATHER



...will be announced on Facebook, Twitter, and <https://parks.decorahia.org>.

If it is raining (severe weather, lightning) games, programs and swim lessons may be cancelled. Where outdoor youth programs are involved (except Tots Day Camp and Pee Wee Kids Camp), parents are asked to pick up their children from the program site as soon as possible. In cases of extreme weather conditions, pick-up locations will be announced on Facebook, Twitter, and <https://parks.decorahia.org>.

### SPECIAL THANKS

... to the **Decorah Community Schools** for providing the facilities necessary for many of our programs  
... to **Decorah Newspapers, Decorah Public Library, KDEC and KVIK** radio stations, [decorahnews.com](http://decorahnews.com), [decorahnow.com](http://decorahnow.com), **Winneshiek County Convention & Visitors Bureau**, and **Decorah Area Chamber of Commerce** for their promotion of Park-Rec. activities and events  
... to our many sponsors and volunteers that help keep our participation fees affordable for all.

### REGISTRATION IS AVAILABLE ONLINE!



If you will be registering your family for recreation activities, swimming lessons, or purchasing a season swim pass, **it is important for you to set up a family account online now if you do not already have one.** Go to <https://parks.decorahia.org> and click on the **Online Registration & Activities Info** button. From there, follow the instructions to set up your account.

**Credit and debit card payments are only accepted online.** We are still accepting registrations by mail or in person at the Park-Rec. Office. You must pay by check or cash.

# 2019 SUMMER RECREATION ACTIVITIES AND SPECIAL EVENTS

Please note in youth recreation programs, child must be required age by start of activity.

## CHECK OUT THESE NEW ACTIVITIES!

### FREE YOGA IN THE PARK

Saturdays, 10:00-11:00 am ~ June thru August

In the green space by John Cline School

No need to register, just show up!

Bring your own mat or towel  
(limited supply available for use).



#### SPONSORED BY:

Gundersen Health Clinic  
Winneshiek Medical Center

### DRAMA SHOW CAMP

FOR YOUTH JUST COMPLETING  
KINDERGARTEN THRU 8TH GRADES

Join us for a week long drama camp led by  
experienced director, Mark Potvin.

Participants will meet in the Decorah High  
School auditorium Monday, July 29 thru  
Friday, August 2. This program will culminate  
with a production of Disney's Jungle Book Jr.  
on Friday, August 2, at 3:00 pm!

#### Youth just completing K thru 2nd Grades

Monday thru Thursday 8 am to noon.

Friday 8 am to 4 pm (bring a lunch)

**Program no.** 600-11 **Class Limit:** 20

**REGISTRATION FEE:** \$25

**REGISTRATION DEADLINE:** June 26

#### Youth just completing 3rd thru 8th Grades

Monday thru Friday 8:00 am to 4:00 pm

(bring a lunch)

**Program no.** 600-12 **Class Limit:** 40

**REGISTRATION FEE:** \$40

**REGISTRATION DEADLINE:** June 26

### GOLF CAMP

FOR AGES 8 TO 14

This week long program covers golf fundamentals, techniques, rules,  
regulations, and actual course play. Participants may bring their own  
clubs. Equipment will also be provided. This program will be held  
Monday-Thursday, August 12-15, at the Luther intramural field off  
of Pole Line Road (there are 2 time slots to choose from). **Friday,  
August 16, all participants are invited to join our staff for actual  
course play at Silvercrest Golf & Country Club from 8:30 to  
11:00 am.**

#### SPONSORED BY:

Silvercrest Golf & Country Club

Program no.	Time	class limit
320-11	8:30-9:30 am	20
320-12	9:30-10:30 am	20

REGISTRATION FEE: \$30

REGISTRATION DEADLINE: June 26



### PICKLEBALL CLINICS

Decorah pickleball instructors, Miriam and Daniel Skrade, along with experienced area players will teach you the basics of the game including fundamental strokes, serving, rules of play and terminology. Classes meet at the city tennis courts and will get you ready to play on your own or at any drop-in pickleball session throughout the summer. Paddles and balls will be available to use.

Program no	Class	Dates
500-11	Learn to Play (ages 8 thru adult)	Mon, June 10 & Tues, June 11 (rain date: Wed, June 12)
500-12	Learn to Play (ages 18 & up)	Mon, June 17 & Tues, June 18 (rain date: Wed, June 19)
500-13	Intermediate Pickleball (ages 18 & up)	Mon, June 24 & Tues, June 25 (rain date: Wed, June 26)

**Class Limit:** 16 (must have minimum of 8 participants per class)

**Class Time:** 6:00-7:30 pm

**CLASS REGISTRATION FEE:** \$20

**REGISTRATION DEADLINE:** May 23



### FREE DROP-IN PICKLEBALL SCHEDULE

June thru August - No need to register, just show up!

Bring your paddle and join the fun at the City Tennis Courts!

**Mon, Wed & Fri:** 8-10 am **Thurs:** 6-8 pm **Sun:** 4-6 pm

# 2019 SUMMER RECREATION ACTIVITIES AND SPECIAL EVENTS

Please note in youth recreation programs, child must be required age by start of activity.

## LIVE HEALTHY IOWA KIDS TRACK CHAMPIONSHIP

*a free event for ages 7 to 14 as of 12/31/2019*

This event will be held **Tuesday, May 14, 4:30 pm, at the Decorah High School Track.** To register online, go to <https://parks.decorahia.org> or download a PDF of the entry form from our website and submit it to the Park-Rec. Office. Preregistration is strongly encouraged, and much appreciated by our staff, but late registration will be taken beginning at 4:00 pm near the track entrance on the day of the event.

## YOUTH FISHING CLINIC

*A free activity, but pre-registration is needed for planning purposes (register online or in the Park-Rec. Office)*

**FRIDAY, JUNE 7, 3:00 TO 4:30 PM** at the Decorah Fish Hatchery. FOR AGES 8 TO 15. Hands on instruction from Park-Rec. and Iowa DNR staff along with Trout Unlimited volunteers. Includes fly fishing and fishing with live bait and artificial lures. Bring your own pole if you have one; some equipment is provided. Parental supervision is not necessary.

Program no.	Clinic limit	registration deadline
150-11	35	May 23

## KIDS FISHING DAY

*A free activity-just show up!*

**SATURDAY, JUNE 8**

**Starts at 1:00 PM**

This fun fishing day at Twin Springs Pond is geared for ages 12 and under (ages 8 & under must be accompanied by an adult). Children should bring their own poles and bait (worms). Only a very limited amount of equipment will be provided. This event is part of Free Fishing Weekend (fishing license is not needed for Iowa residents from June 7-9).

**Fishing Day Sponsor: IOWA DNR**



## SLIDE INTO SUMMER FAMILY FUN NIGHT

*Sponsored by DECORAH BANK & TRUST  
in cooperation with Decorah Parks and  
Recreation*

On **TUESDAY, JUNE 18**, slide into summer at the Decorah Municipal Pool! **This free, family fun night will be from 5:30 to 7:00 pm**, and will include free pool admission, a bouncy house, face painting, and other fun activities. Popcorn will be given away and pizza and other refreshments will be available for purchase.

## KIDS FUN DAY AT THE FAIR

*A free activity-just show up!*

**THURSDAY, JULY 11, 1:30 TO 2:30 PM.** Winneshiek County Fairgrounds (near the Variety Tent). Tug of War, various relays, and face painting are included in the day's event. **TWO DIVISIONS: 4-6 & 7-10 YRS**



## FAIR FUN RUN

*An event for the whole family!*

**SATURDAY, JULY 13.** Distances will be 3/4-mile for children 12 & under and 3 miles for all ages. Race headquarters is the Winneshiek County Fairgrounds Variety Tent. Packet pickup and late registration on race day is 7:15 to 7:45 am. 3/4-mile starts at 8:00; 3-mile at 8:30. An awards ceremony and prize drawing will be held shortly after the last participant finishes. Refreshments are provided. Awards for 1st-3rd place in each age division. You may register in the Park-Rec. Office, online, or download a form at

**<https://parks.decorahia.org>**

**PRE-REGISTRATION DEADLINE: Fri, June 26\***

**ENTRY FEE: \$10 w/shirt—\$5 w/out shirt**

**\*only pre-registered participants paying \$10 receive a shirt**

*Fair Fun Run Sponsors*

**COLLINS AEROSPACE**

**DECO PRODUCTS COMPANY**

**GUNDERSEN HEALTH SYSTEM**

**ONEOTA VALLEY FAMILY EYE CARE**

**STANLEY ENGINEERED FASTENING**

**THE FAMILY TABLE**

## MIDDLE SCHOOL POOL PARTY

*A free activity-just show up!*

Area middle school students are invited to a party at the Decorah Municipal Pool on **FRIDAY, AUGUST 2**, from 8:30 to 10:30 pm. Music will be provided and concessions will be available for purchase. **Sponsored by CREW.**

# 2019 SUMMER RECREATION ACTIVITIES AND SPECIAL EVENTS

Please note in youth recreation programs, child must be required age by start of activity.

## GARDENING

FOR AGES 8 TO 10

Join Jeff Scott of Driftless Gardens for an easy and fun introduction to gardening. Participants will plant, tend, and harvest from the garden while also exploring cooking, crafts and other garden activities. Gardeners should wear clothes that can get dirty and bring a water bottle, all other equipment will be provided. Produce will be sent home with kids each week that it is available. This class meets in the area by the Decorah High School Greenhouse on Mondays, June 10 thru July 22




**REGISTRATION FEE: \$35**

**REGISTRATION DEADLINE: May 23**

Program no.	Time	Class limit
200-10	8:30-9:50am	12

**TENNIS INSTRUCTION PROGRAM**  
FOR AGES 5 YRS THRU ADULT



**Begins the week of June 10 and runs thru July 19 (no classes July 4) . A youth (8-14 yrs) tournament will be held on Friday, July 19, for class participants at no additional cost.**

MAXIMUM PER TIME PERIOD: 16  
MINIMUM PER TIME PERIOD: 6  
**REGISTRATION FEE: \$40**  
**REGISTRATION DEADLINE: May 23**

<p><b>This program is held at the City Tennis Courts on Claiborne Drive</b></p> <p><b>Participants must have their own racquet. Tennis balls are provided.</b></p> <p><b>P = Pee Wee (5-7 yrs)</b> <b>Y = Youth (8-14 yrs)</b> <b>A = Adult (15 yrs &amp; up)</b></p>	<p><b>B = Beginner</b> those having trouble getting the ball across the net.</p> <p><b>AB = Advanced Beginner</b> those able to hit the ball across the net most of the time, but have trouble with control, especially the backhand.</p> <p><b>I = Intermediate</b> those who can serve and hit forehands and backhands with reasonable control.</p>
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program no.	age	level	class days	class time
900-11	Y	B/AB	Mon/Wed	9:00-9:50 am
900-12	Y	AB	Mon/Wed	10:00-10:50 am
900-13	Y/A	B/AB/I	Mon/Wed	4:10-5:00 pm
900-14	Y/A	B/AB/I	Mon/Wed	5:10-6:00 pm
900-15	Y	AB	Tue/Thur	9:00-9:50 am
900-16	Y	B	Tue/Thur	10:00-10:50 am
900-17	Y	I	Tue/Thur	11:00-11:50 am
900-18	P	B	Tue/Thur	4:10-5:00 pm
900-19	P	B	Tue/Thur	5:10-6:00 pm

## PEEWEE T-BALL

FOR YOUTH JUST COMPLETING TK & KINDERGARTEN  
Come learn the basics of baseball/softball in this fun league. Youngsters hit off of a tee, run the bases, and learn to play catch during their games on Wednesday evenings, 6:30 to 7:30 pm, June 12 thru July 24 (no class July 3). All games are played at Will Baker Athletic Fields. Players must have their own glove. No steel spikes allowed. **Parents: Two volunteer coaches are needed for each team. If you are willing to help, please note it on your registration form.**

**REGISTRATION FEE: \$30**

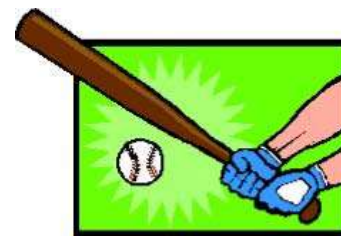
**REGISTRATION DEADLINE: May 23**

**Program no.**

350-11

**Team shirt sponsors for this program are:**

**DECORAH ELECTRIC**  
**THE FAMILY TABLE**



## COACH PITCH LEAGUE

FOR YOUTH JUST COMPLETING 1ST & 2ND GRADES  
Baseball/softball skills are taught and games played. The coach will pitch the ball to the batters. This program is held on Wednesday evenings, 6:30 to 7:30 pm, June 12 thru July 24 (no class July 3) and offers a more advanced learning experience than T-Ball. It helps prepare participants for Little League Baseball and Junior League Softball. All games are played at Will Baker Athletic Fields. Players must have their own glove. No steel spikes allowed. **Parents: Two volunteer coaches are needed for each team. If you are willing to help, please note it on your registration form.**

**REGISTRATION FEE: \$30**

**REGISTRATION DEADLINE: May 23**

**Program no.**

350-12

**Team shirt sponsors for this program are:**

**DECO PRODUCTS COMPANY**  
**THE FAMILY TABLE**

**Youth just completing 2nd grade** have the option of registering for the Coach Pitch League and/or Little League (for boys) or Junior League (for girls). Registering for Coach Pitch and Little or Junior League is a perfect way to gain additional practice.



# 2019 SUMMER RECREATION ACTIVITIES AND SPECIAL EVENTS

Please note in youth recreation programs, child must be required age by start of activity.

## LITTLE AND BIG LEAGUE BASEBALL

FOR BOYS JUST COMPLETING 2ND THRU 7TH GRADES



This program at the City Diamonds is held Monday thru Friday, June 10 thru July 19. Each team practices approximately once a week and plays games twice a week (Little League from 1:00-2:20 pm and Big League from 2:30-3:50 pm). Players must have their own glove. No steel spikes allowed. Bats brought from home must be approved. Please note, there will not be an Organizational Day this year due to the school schedule. **Team assignments and schedules will be handed out and a short parent meeting will be held 10 minutes prior to the end of each grade level practice listed below on June 10 or 11.**

**REGISTRATION FEE: \$40**

**REGISTRATION DEADLINE: May 23**

Program no.	Grade completed
450-11	2nd-4th grades (Little League)
450-12	5th-7th grades (Big League)

### Grade Level Practice Schedule

Grade Level	Date	Time	Diamond*
Completed 2nd	Mon, June 10	1:00-2:20 pm	#1
Completed 3rd	Tues, June 11	1:00-2:20 pm	#1
Completed 4th	Tues, June 11	1:00-2:20 pm	#2
Completed 5th	Mon, June 10	2:30-3:50 pm	#1
Completed 6th	Tues, June 11	2:30-3:50 pm	#1
Completed 7th	Tues, June 11	2:30-3:50 pm	#2

\*Diamond #1 is located behind City Hall and Diamond #2 is located by the tennis courts

Team shirt sponsors for this program are:  
**DECO PRODUCTS COMPANY**  
**DECORAH ELECTRIC**  
**DENTAL ASSOCIATES OF DECORAH**  
**HACKER, NELSON & CO., P.C.**  
**LIFETIME FINANCIAL SOLUTIONS**  
**ROCKWEILER APPLIANCE & TV**  
**SHEAR WONDERS**  
**STANLEY ENGINEERED FASTENING**  
**THE FAMILY TABLE**  
**TOTAL TREE CARE**  
**VIKING STATE BANK & TRUST**

## JUNIOR AND SENIOR LEAGUE SOFTBALL

FOR GIRLS JUST COMPLETING 2ND THRU 7TH GRADES



This program at the City Diamonds is held Monday, Tuesday, and Thursday, from June 10 thru July 18. Each team practices approximately once a week and plays games twice a week (Junior League from 10:00-11:20 am and Senior League from 11:30 am-12:50 pm). Players must have their own glove. No steel spikes allowed. Bats brought from home must be approved. Please note, there will not be an Organizational Day this year due to the school schedule. **Team assignments and schedules will be handed out and a short parent meeting will be held 10 minutes prior to the end of each grade level practice listed below on June 10.**

**REGISTRATION FEE: \$40**

**REGISTRATION DEADLINE: May 23**

Program no.	Grade completed
400-11	2nd-4th grades (Junior League)
400-12	5th-7th grades (Senior League)

### Grade Level Practice Schedule

Grade Level	Date	Time	Diamond*
Completed 2nd	Mon, June 10	10:00-11:20 am	#1
Completed 3rd & 4th	Mon, June 10	10:00-11:20 am	#2
Completed 5th	Mon, June 10	11:30 am-12:50 pm	#1
Completed 6th & 7th	Mon, June 10	11:30 am-12:50 pm	#2

\*Diamond #1 is located behind City Hall and Diamond #2 is located by the tennis courts

Team shirt sponsors for this program are:  
**DECO PRODUCTS COMPANY**  
**DENTAL ASSOCIATES OF DECORAH**  
**LIFETIME FINANCIAL SOLUTIONS**  
**STANLEY ENGINEERED FASTENING**  
**THE FAMILY TABLE**  
**VIKING STATE BANK & TRUST**

# 2019 SUMMER RECREATION ACTIVITIES AND SPECIAL EVENTS

Please note in youth recreation programs, child must be required age by start of activity.

## SUMMER SOCCER

FOR YOUTH JUST COMPLETING 1ST THRU 6TH GRADES

Join us for this new summer program which will feature drills, skills and scrimmages led by our staff. This program will meet at Will Baker Athletic Fields on Wednesdays, June 12 thru July 17. Participants should bring a water bottle and must wear shin guards, which are provided at the field. You are also welcome to bring your own. Register for this program based on the grade in school just completed.



**REGISTRATION FEE: \$20**

**REGISTRATION DEADLINE: May 23**

Program no.	Grade completed	Time
330-11	1st-3rd grades	10:00-10:50 am
330-12	4th-6th grades	11:00-11:50 am

## MOUNTAIN BIKING

FOR AGES 8 TO 14

Beginners and advanced bikers are welcome. This class meets in the grassy area across from the entrance to Dunning's Spring Park and then heads for the off-road trails in the Decorah Parks System. Decorah Human Powered Trails volunteers will lead participants in mountain biking technical skills. Participants must have a bike suitable for off-road terrain and a biking helmet. Monday evenings, June 10 thru July 15.



**REGISTRATION FEE: \$25**

**REGISTRATION DEADLINE: May 23**

Program no.	Time	class limit
300-11	6:00-7:00pm	25

## OUTDOOR BASKETBALL

FOR YOUTH JUST COMPLETING TK THRU 6TH GRADES

Come to the Wayside Park outdoor courts to work on your basketball skills with Park-Rec. staff. This program will focus on helping participants improve their skills and develop their talent through basic drills emphasizing the fundamentals. The older group will play on regular 10' hoops, while the younger group will play on lowered 8' hoops. Thursdays, June 13 thru July 18 (no class July 4). Players should bring a water bottle. Basketballs are provided.



**REGISTRATION FEE: \$20**

**REGISTRATION DEADLINE: May 23**

Program no.	Grade completed	Time
250-11	3rd thru 6th	9:00-9:50 am
250-12	TK thru 2nd	10:10-11:00 am

## OUTPOSTS

FOR AGES 9 TO 14

A different outdoor activity will be planned each day, including biking, hiking, and canoeing. This program will be held Fridays, June 14 thru July 19 (no class July 5). Please bring a water bottle. Participants will be sent a schedule with more information in early June.

**REGISTRATION FEE: \$30**

**REGISTRATION DEADLINE: May 23**

Program no.	Time	Class limit
310-12	8:30-10:00 am	25
310-13	10:15-11:45 am	25

## TEAM SPORTS

FOR AGES 8 TO 14

This class is all about playing the sports you love. A different team sport will be played each day. Meet at Will Baker Athletic Fields on Mondays, June 10 thru July 15. Please bring a water bottle.



**REGISTRATION FEE: \$20**

**REGISTRATION DEADLINE: May 23**

Program no.	Age group	Time
360-11	8-10 yrs	9:00-9:50 am
360-12	11-14 yrs	10:00-10:50 am

## TRACK

FOR AGES 8 TO 14

Running, hurdling, relay exchanges, and field events will be the focus of this program on Wednesdays, June 12 thru July 17, at the DHS track. Students will gain experience and work with college and high school athletes to improve their skills. Please bring a water bottle.

**REGISTRATION FEE: \$20**

**REGISTRATION DEADLINE: May 23**

Program no.	Time
170-11	9:00-9:50 am
170-12	10:00-10:50 am

## ULTIMATE SPORTS

FOR AGES 8 TO 14

Come ready to get your heart racing and play those "not so typical" sports including Ultimate Frisbee, Capture the Flag, and Rugby. Meet in the grassy area by the Decorah Pool on Tuesdays, June 11 thru July 16. Children should be dropped off in the pool parking lot, **not** along College Drive. Please bring a water bottle.

**REGISTRATION FEE: \$20**

**REGISTRATION DEADLINE: May 23**

Program no.	Age group	Time
340-11	8-10 yrs	9:00-9:50 am
340-12	11-14 yrs	10:00-10:50 am

# 2019 SUMMER RECREATION ACTIVITIES AND SPECIAL EVENTS

Please note in youth recreation programs, child must be required age by start of activity.

## TOTS DAY CAMP

FOR AGES 4 TO 5

Join us for a morning full of outdoor and indoor activities, fun, friendships, and exploration! This program encourages children to discover the joy of the world around them through hands-on activities in art, science, storytelling, and so much more. Tots Day Campers play and learn new skills while forming wonderful relationships with their peers, and engaging in a fun theme based curriculum developed especially for this program. **This program has two sessions with 12 play dates per session.**

**Location:** St. Benedict's School

**Time:** 9:00 to 11:30 am

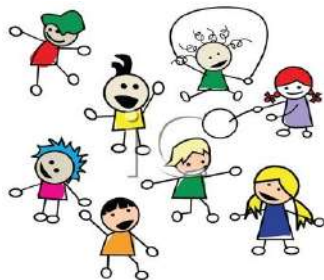
**MAXIMUM PER SESSION:** 20

**REGISTRATION FEE PER SESSION:** \$60

Program no.	Session	Dates
120-11	1	June 12-14, 17-21, 24-27
120-12	2	July 1-3, 8-12, 15-18

**REGISTRATION DEADLINES:**

**Session 1: May 23, Session 2: June 26**



## PEE WEE KIDS CAMP

FOR AGES 6 TO 7

Give your child a summer full of fun, friends, and discovery. Pee Wee Kids Camp features theme based hands-on activities and adventures. Children make choices, work with others, and participate in sports, science, nature, and art projects. Pee Wee Kids Campers will learn more about themselves and the world around them as they engage with their peers under the leadership of our staff. **This program has two sessions with 12 play dates per session.**

**Location:** John Cline School

**Time:** 9:00 to 11:30 am

**MAXIMUM PER SESSION:** 20

**REGISTRATION FEE PER SESSION:** \$60

Program no.	Session	Dates
140-11	1	June 12-14, 17-21, 24-27
140-12	2	July 1-3, 8-12, 15-18

**REGISTRATION DEADLINES:**

**Session 1: May 23, Session 2: June 26**

## DRAMA

FOR YOUTH JUST COMPLETING 2ND THRU 7TH GRADES

This program will be held at Whalen Cabin in Phelps Park on Mondays and Wednesdays, June 10 thru July 17. Children will improve their skills through fun learning techniques. Pantomime, improvisation, and creative drama will also be explored.



**REGISTRATION FEE:** \$30

**REGISTRATION DEADLINE:** May 23

Program no.	Grade completed	Time
200-11	5th thru 7th	1:00-2:20
200-12	2nd thru 4th	2:30-3:30

## GROUP BEGINNING GUITAR LESSONS

FOR AGES 8 TO 16

Instructor Sandy Good will teach you basic chords on the guitar and have everyone playing in no time! Evening classes will be held at Whalen Cabin in Phelps Park. **Participants must bring a guitar with 6 strings (contact Sandy at 382-2048 if you do not have your own guitar).** Classes are held on Mondays, June 10 thru July 1, 6:30-7:15 pm. A short concert is held the last night.

**REGISTRATION FEE:** \$30

**REGISTRATION DEADLINE:** May 23

Program no.	Class Limit
160-11	20

## DOG OBEDIENCE & AGILITY CLASSES

FOR AGES 8 TO 14

All you need for this 5-week introduction to dog obedience and agility (obstacle course) is your best friend, a 4-foot leash, buckle collar and dog training treats. Classes are held at the Good Dog Center, 2217 Oil Well Road, on Tuesdays, June 4 thru July 16 (no class June 18 or July 9), 6:30-7:30 pm. For more information, contact Carmen at the Good Dog Center: 382-5762.



All participants must register through Parks and Recreation

**REGISTRATION FEE:** \$25

**REGISTRATION DEADLINE:** May 23

Program no.
180-11

### IMPORTANT REGISTRATION DEADLINES

**May 8:** Lifeguard Course **May 17:** WSI Course

**May 23:** Summer Recreation Classes, 1st Session Swim Lessons, 1st Session Tots Day Camp/Pee Wee Kids Camp

**June 14:** 2nd Session Swim Lessons

**June 26:** Fair Fun Run Pre-Registration, 2nd Session Tots Day Camp/Pee Wee Kids Camp, 3rd Session Swim Lessons, Golf Camp, Drama Camp

# 2019 POOL RULES AND INFORMATION - ADULT CLASSES –SWIM TEAM

SWIM POOL PHONE: 382-2055

## 2019 POOL SEASON

Sunday, May 26 thru Thursday, August 22 (day before school starts in Decorah).

## DAILY ADMISSION

FREE 3 years and under (parents must pay)  
\$5.00 4-64 years  
\$4.00 65 years and up, special needs patrons  
\$1.00 *Special rate for all paid admissions on Sundays from 5:00 to 8:00 pm*

## PUBLIC SWIMMING HOURS

Monday thru Friday 1:00-5:25, 6:30-8:30 pm\*  
Saturday and Sunday 1:00-8:00 pm

\*weekdays when Learn to Swim classes aren't scheduled, pool hours will be 1:00-8:30 pm - dates posted at the pool

## ADMISSION RULES

1. **Everyone must pay admission to enter the pool premises whether or not you actually get into the pool, ie: supervising young children or sun bathing.**
2. If you wish to leave and return to the pool on the same day, you must be stamped for re-entry
3. Children six (6) years and under must be accompanied by an adult. **Infants and toddlers who are not toilet trained must wear a swim diaper.**
4. Park-Rec. is not responsible for lost or stolen items

## POOL CLOSINGS

The pool will be immediately closed when there is an electrical storm or the imminent threat of one in the immediate area.

## SPECIAL EARLY CLOSURES

**June 6, 11, 25, 27:** The pool will close at 4:00 pm for home swim meets.

**Thursday, July 4:** Morning and noon lap only, public swim hours will be 1:00-6:00 pm

**Saturday, July 13:** The pool will be closed all day for a Swim Conference Meet hosted by Decorah. No lap or public swim.

**Saturday, July 27:** Noon lap only, public swim hours will be 1:00-6:00 pm.

## POOL PARTIES

Groups may rent the pool in the evenings for private parties after our regular public hours. Reservations must be booked at least 5 weekdays in advance at the Park-Rec. Office.

## Number in Attendance/Fee per Hour

1-50/\$115      101-150/\$185      201-300/\$1.25 per person  
51-100/\$150      151-200/\$220

## ADULT LAP SWIM - 18 years & up

**Fee:** regular daily admission or season/punch pass  
Please do not enter pool area until designated time.

### Monday thru Friday Lane Availability

6:45-7:45 am - 8 lanes

12:00 - 1:00 pm - 5 lanes; 6:30-7:30 pm - 3 lanes

### Saturday and Sunday Lane Availability

12:00-1:00 pm - 8 lanes; 6:30-7:30 - 3 lanes

*1 lane is available to lap swimmers during most public hours. Anyone under 15 yrs wanting to swim laps must be accompanied by an adult during regular public hours*

## ADULT AQUACISES - 18 years & up

An aquatic workout using resistance to the water resulting in muscle toning for arms, stomach, hips, and legs, along with flexibility and cardiovascular fitness.

**Fee:** regular daily admission or season/punch pass

**7:45-8:45 am class:** Mon thru Fri, June 10 thru August 22, JoAnn Kjome, instructor.

**12:00-1:00 pm:** Mon thru Fri, June 10 thru August 22.

Tues/Thurs: Barb Mahr. Mon/Wed/Fri: There is no regular instructor, but adults are invited to exercise on their own.

## ADULT SWIM LESSONS - 18 years & up

JoAnn Kjome will instruct this beginning level swim class  
July 29 thru Aug 2, 11 am-noon.

**Class Maximum: 8**

**REGISTRATION FEE: \$35**

**REGISTRATION DEADLINE: July 19**  
**program number 88-19**



## Swim Team Registration runs thru Friday, May 31

All registrations and payments are done online at <https://www.teamunify.com/Home.jsp?team=reciodst>

where you may also find practice schedules and other important information

All swim team members must have a pool pass. Please inquire at Park & Rec for information on pricing and financial assistance for a season pass, if needed.

All practices are at the Decorah Municipal Pool.

Each member of the swim team must be able to swim 25 yards unassisted.

All swimmers 9 and older must have a basic knowledge of the four strokes (butterfly, breaststroke, backstroke, and freestyle).



# 2019 POOL RULES AND INFORMATION - ADULT CLASSES –SWIM TEAM

**PLEASE OBSERVE THE FOLLOWING RULES DURING YOUR POOL VISIT.**



## BATHHOUSE RULES

1. All patrons must take a shower before entering pool.
2. Please use the toilet facilities before entering the pool.
3. Any person who is supervising a child 6 years and under, and anyone using the pool area must be wearing a swimsuit.
4. NO cutoffs, street clothes, aquasocks or street shoes in the pool. Clean T-shirts may be worn over suits.
5. NO food, candy, drinks or glass containers in pool area.
6. NO alcoholic beverages or smoking in the pool area or bathhouse.
7. Persons with infection, open sores, cuts, a cold, or other communicable disease will not be admitted.



## POOL RULES

1. No diving during public swim except off of the diving boards.
2. No running, rough play, dunking, or pushing others into pool.
3. Sponge balls allowed in the 3' to 5' areas of the pool depending on crowd size.
4. Artificial swim aids and flotation devices will not be permitted. This includes lifejackets, water wings, those built into swim suit, beach balls, and noodles.
5. For your safety, no food, alcoholic beverages, smoking, glass containers or coolers.
6. Talking to lifeguards is not permitted unless it's official business or an emergency.
7. Swim masks, snorkels and swim fins allowed in shallow end only.
8. Spitting, blowing of nose, spouting water into the pool is not allowed--please use the gutter.
9. Do not hang on the safety rope.
10. Face pool while jumping from edge. Jumping in backwards, flips, and gymnastic stunts are not allowed. Must jump in feet first.
11. Riding on shoulders is not allowed.
12. Lap swimming in lap lane only. No children allowed in pool area during the morning and noon lap swims.
13. No squirt guns allowed in pool or grass area..
14. No footballs, soccer balls, Frisbees or skateboards in pool or grass area.



## DIVING RULES

1. A person using the diving area must be able to swim 25 yards upon lifeguard's request.
2. One person on the board at any one time. The next person waits on the deck until the person ahead is safely on the way to the ladder.
3. Only one bounce before a dive.
4. Dive straight off the board, swim directly to the closest ladder following a dive.
5. No swimming under the boards.
6. Head-first dives only. We recommend you enter water with hands over head and steer toward the surface. No cartwheels or gainers allowed.
7. No diving from the side of the pool in the diving well.
8. No one is allowed to catch a person going off the board.
9. No items may be thrown from the boards into the pool.

## BABY POOL RULES

1. Only children four (4) years and under allowed.
2. All children MUST be supervised by an adult.
3. No running, rough play, "dunking", and pushing others into pool
4. Swim aids and flotation devices are not allowed.

## SAND AREA RULES

1. Children six (6) years and under must be accompanied by an adult.
2. Absolutely NO glass objects allowed.
3. Do not throw sand or carry sand outside sand area.
4. Please do not leave toys unattended.
5. Everyone must wash sand off before returning to pool area.

## THE SNACK SHACK

1. Place all trash and litter in trash containers.
2. Enjoy your treats while at the Snack Shack--do not take into pool area.

## SAFETY BREAKS

When the pool is very crowded, there will be safety breaks at intervals determined by the manager for 15 minutes. At this time, only 18 years and over will be allowed in the pool.

**WATERSLIDE RULES ARE POSTED BY THE SLIDES.**

## 2019 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 392-2055 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.

## 2019 SWIM CLASSES

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

### 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 and classes are 30 minutes long.**  
**REGISTRATION FEE: \$15/PER PERSON**

program number	class dates	class time	registration deadline
76-15	June 10, 12, 13, 14	5:45-6:15 pm	May 23
77-15	June 17, 18, 19, 20	5:45-6:15 pm	May 23
76-23	June 24, 26, 28, July 1	10:45-11:15 am	June 14
76-25	June 24, 26, 28, July 1	5:45-6:15 pm	June 14
77-23	July 2, 3, 8, 9	10:45-11:15 am	June 14
77-25	July 2, 3, 8, 9	5:45-6:15 pm	June 14
76-35	July 15, 16, 17, 18	5:45-6:15 pm	June 26
77-35	July 19, 22 23, 24	5:45 to 6:15 pm	June 26

**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.**



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

### PRE-SCHOOL

For 3 and 4 year olds who will be comfortable in the water without a parent. **Each session consists of 4 weekdays and classes are 30 minutes long.**  
**REGISTRATION FEE: \$15/PER PERSON**

program number	class dates	class time	registration deadline
78-13	June 10, 12, 13, 14	10:45-11:15 am	May 23
78-15	June 10, 12, 13, 14	5:45-6:15 pm	May 23
79-13	June 17, 18, 19, 20	10:45-11:15 am	May 23
79-15	June 17, 18, 19, 20	5:45-6:15 pm	May 23
78-24	June 24, 26, 28, July 1	11:30 am-noon	June 14
78-25	June 24, 26, 28, July 1	5:45-6:15pm	June 14
79-24	July 2, 3, 8, 9	11:30 am-noon	June 14
79-25	July 2, 3, 8, 9	5:45-6:15 pm	June 14
78-34	July 15, 16, 17, 18	11:30 am-noon	June 26
78-35	July 15, 16, 17, 18	5:45-6:15 pm	June 26
79-34	July 19, 22 23, 24	11:30 am-noon	June 26
79-35	July 19, 22 23, 24	5:45-6:15 pm	June 26

### ADAPTIVE SWIMMING

For any individual with physical or mental limitations, the course will consist of instruction on basic swimming skills along with recreational swim time. Each person must fill out a pre-registration form before the start of the class.

**Schedule:** June 10, 11, 12, 13, 17, 18, 19, 20, 11:30 am –noon  
**REGISTRATION FEE: \$35**  
**REGISTRATION DEADLINE: May 23**  
**program number 88-14**

### 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) - choices of times are 9:15-9:45 am or 12:15-12:45 pm. As we do limit the number of privates scheduled per week, register early in May for best availability, and no less than 2 weeks in advance of the week you wish to schedule. First week available to schedule is June 10-14 and last week is July 22-26 (no privates July 1-5).

**Cost is \$70/student - due upon registration.**  
**program number 89-11**

### LIFEGUARD COURSE (BLENDING LEARNING)

This course certifies qualified participants as lifeguards. Must be 15 years old by May 11, 2019 and on the first day pass an initial skills test of a 300 yard swim and retrieval of a 10 lb brick within 1 minute 40 seconds.

**Course Schedule:** May 11, 9:00 am to 5:00 pm; May 14, 6:00 -9:00 pm; May 15, 6:00-9:00 pm. Course will take place at the Luther pool & classroom . An informational sheet and registration form is available at the Park-Rec Office or on our website. Instructions on launching the online portion of the class along with completing the required lessons before May 11 will be emailed to you after your registration.

**REGISTRATION FEE: \$150**  
**REGISTRATION DEADLINE: May 8**  
**program number 88-11**

### WATER SAFETY INSTRUCTOR COURSE

Certifies you as an American Red Cross Water Safety Instructor. Must be 16 yrs old by June 7, 2019, pass evaluation of swimming skills, register and set up an account with the ARC, and successfully complete the online Orientation to the Swimming and Water Safety Program. The WSI course will run May 30 thru June 7. An informational sheet and registration form is available at the Park-Rec Office or on our website. Instructions on launching the class and setting up your account will be emailed after your registration.

**REGISTRATION FEE: \$150**  
**REGISTRATION DEADLINE: May 17**  
**program no. 88-12**

## 2019 SWIM CLASSES

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

### 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 VI (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



## 2019 SWIM CLASSES

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

<b>LEARN TO SWIM PROGRAM</b>		<b>REGISTRATION FEE: \$35 PER SESSION</b> (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 23**

SESSION I: June 10, 12, 13, 14, 17, 18, 19, 20						
CLASS TIME	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
10:00-10:30 am	81-12	82-12	83-12	84-12		
10:45-11:15 am	81-13	82-13	83-13	84-13		
11:30 am -12:00 pm	ADAPTIVE SWIMMING					
5:45-6:15 pm	81-15	82-15	83-15	84-15	85-15	86-15

**Registration Deadline for Session II is Friday, June 14**

SESSION II: June 24, 26, 28, July 1, 2, 3, 8, 9						
CLASS TIME	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
10:00-10:30 am	81-22	82-22	83-22	84-22		
10:45-11:15 am	81-23	82-23	83-23	84-23		
11:30 am -12:00 pm	81-24	82-24	83-24	84-24	85-24	86-24
5:45-6:15 pm	81-25	82-25	83-25	84-25	85-25	86-25

**Registration Deadline for Session III is Friday, June 26**

SESSION III: July 15, 16, 17, 18, 19, 22, 23, 24						
CLASS TIME	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
10:00-10:30 am	81-32	82-32	83-32	84-32	85-32	86-32
10:45-11:15 am	81-33	82-33	83-33	84-33		
11:30 am -12:00 pm	81-34	82-34	83-34	84-34		
5:45-6:15 pm	81-35	82-35	83-35	84-35	85-35	86-35



**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.**

<p><b>LATE REGISTRATIONS:</b> 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.</p>	<p><b>REFUNDS:</b> 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 &amp; Recreation account. Decorah Parks and Recreation will not issue cash, check or credit card refunds.</p>
<p><b>TEAM ASSIGNMENTS:</b> 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.</p>	<p><b>CONDUCT POLICY:</b> 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.</p>

**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
<p>* <b>Shirt size is only needed for baseball, softball, pee wee t-ball and coach pitch programs.</b> 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.</p>					<b>TOTAL AMOUNT DUE</b>	

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





**SWIM POOL PASS INFORMATION**

<b>SEASON SWIM PASSES</b>	<b>On or before June 1</b>	<b>After June 1</b>	<b>FAMILY PASS ELIGIBILITY:</b> "Family" is defined as all immediate family members 4 years and older residing at the same address--this would include children home from college, children of divorced parents who have joint custody, stepchildren and foster children. <b>It does not include babysitters, ex-spouses or visiting relatives (sons, daughters, cousins, aunts, uncles, grandparents, etc.)</b>
Individual (4-64 yrs)	75.00	80.00	
Senior (65 yrs & over) and special needs patrons	65.00	70.00	
Family (2 members)	135.00	140.00	
Family (3-4 members)	160.00	165.00	
Family (5+ members)	175.00	180.00	

**Each individual/senior pass purchaser and each person included on a family pass will be issued their own uniquely numbered card to present for admission each pool visit.**

**IF YOU LOSE YOUR CARD, \$5.00 WILL HAVE TO BE PAID AT THE PARK-REC. OFFICE FOR A REPLACEMENT**

<b>PUNCH PASSES</b>	<b>prices good for entire season</b>		<b>DON'T NEED A SEASON PASS BUT DISLIKE THE HASSLE OF PAYING EACH TIME?</b>  Daily Admission Fees are \$5.00 for ages 4-6 yrs; 4.00 for 65 & over and special needs patrons. Purchase a punch pass, it'll save you time and money! It's also ideal for visiting friends and relatives. More than one person can use the same pass if they are in the same age category.
Individual (4-64 yrs)	50.00	12 admissions	
Senior (65 yrs & over) and special needs patrons	40.00	12 admissions	

**PURCHASE YOUR SEASON PASS BY JUNE 1 FOR A \$5.00 SAVINGS**

**If you are purchasing passes online or by mail, your passes will be available for pick-up at the Park-Rec. Office pre-season or at the pool beginning May 26 (opening day!)**

**SWIM POOL PASS PURCHASE FORM (or purchase online: <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) (for family pass, list names and birthdates of all eligible members going down—head of household first; do not include anyone 3 yrs or under unless they turn 4 yrs during the pool season)	BIRTHDATE	PASS NO. <i>for office use only</i>	PLEASE CHECK (√) PASS CATEGORY
1.			<b>PUNCH PASSES</b> _____ Individual \$ _____ _____ Senior \$ _____  <b>SEASON PASSES</b> _____ Individual \$ _____ _____ Senior \$ _____ _____ Family (2) \$ _____ _____ Family (3-4) \$ _____ _____ Family (5+) \$ _____
2.			
3.			
4.			
5.			
6.			
7.			
8.			

<b>CHECKS PAYABLE TO:</b> Decorah Parks and Recreation, PO Box 513, Decorah, IA 52101 \$10 service charge on all returned checks.	<b>TOTAL AMOUNT DUE</b>
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Live Healthy IOWA  
**TRACK** Kids  
CHAMPIONSHIPS

SPONSORED BY



**OFFICIAL ENTRY FORM  
2019**

EVENT MONTH/DAY:

FACILITY ADDRESS:

RAIN DATE:

ORGANIZER NAME:

EVENT TIME:

ORGANIZER PHONE:

FACILITY NAME:

ORGANIZER EMAIL:

**PLEASE PRINT**

Name: \_\_\_\_\_ Date of Birth (MM/DD/YYYY):    /    /   

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

T-shirt size: Youth  6/8  10/12  14/16 Adult  S  M  L  XL  XXL

*Athletes will only receive a T-shirt if they qualify for the State Championships in Marshalltown*

Parent/Guardian Day Phone: \_\_\_\_\_ Parent/Guardian Cell Phone: \_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_

Emergency Contact and Phone Number (other than listed above): \_\_\_\_\_

Participants can enter either **TWO TRACK AND ONE FIELD OR TWO FIELD AND ONE TRACK EVENT**.  
The relay does not count as a running event.

**Participant will complete in age & gender group according to their age on December 31, 2019 .**

Please check the gender and events you wish to participate in at this meet.

**BOYS 7-8**  **GIRLS 7-8 (born in 2011-2012)**

- 50 Meter Dash  100 Meter Dash  200 Meter Dash
- 4x100 Meter Relay  Standing Long Jump  Softball Throw

**BOYS 9-10**  **GIRLS 9-10 (born in 2009-2010)**

- 50 Meter Dash  100 Meter Dash  200 Meter Dash  400 Meter Dash
- 4x100 Meter Relay  Standing Long Jump  Softball Throw

**BOYS 11-12**  **GIRLS 11-12 (born in 2007-2008)**

- 100 Meter Dash  200 Meter Dash  400 Meter Dash  800 Meter Run
- 4x100 Meter Relay  Standing Long Jump  Softball Throw

**BOYS 13-14**  **GIRLS 13-14 (born in 2005-2006)**

- 100 Meter Dash  200 Meter Dash  400 Meter Dash  800 Meter Run  1600 Meter Run
- 4x100 Meter Relay  Standing Long Jump  Softball Throw

**RELAY TEAM** (check gender, age group and list team members)

**BOYS 7-8**  **GIRLS 7-8**  **BOYS 9-10**  **GIRLS 9-10**  **BOYS 11-12**  **GIRLS 11-12**  **BOYS 13-14**  **GIRLS 13-14**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_

**THANK YOU FOR SIGNING THE WAIVER ON THE BACK**

## ATHLETE WAIVER AND RELEASE FROM LIABILITY (To be signed by Parent or Guardian)

In consideration of being permitted to enter for any purpose any RESTRICTED AREA (herein defined as the areas to which admission by general public spectators is prohibited and in addition, consisting of the planned route, or any other area which the participant chooses to access by any mode of transportation), or being permitted to compete, officiate, observe, work for, or for any purpose participate in any way in the event, EACH OF THE UNDERSIGNED, for himself/herself, his/her personal representatives, heirs, next of kin, acknowledges, agrees and represents that he/she has, or will immediately upon entering any of such restricted areas, and will continuously thereafter, inspect such restricted area or areas and all portions thereof which he/she enters and with which he/she comes in contact, and he/she does further warrant that his/her entry upon such restricted area and that he/she finds and accepts the same as being safe and reasonably suited for the purpose of his/her use, and further agrees and warrants that if, at any time, he/she is in or about restricted areas and he/she feels anything to be unsafe, he/she will immediately advise the officials of such and will leave the restricted area(s):

1. HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the Iowa Sports Foundation, d/b/a/ Live Healthy Iowa Kids, its affiliated clubs, organizations and licensed medical professionals, their respective administrators, officers, directors, representatives, agents, coaches, the promoters, hosts, other participants, operators, officials, sponsors, advertisers, owners and leasees of premises used to conduct the event and each of them, their officers, and employees, all for the purposes herein referred to as "releasees", from all liability to the undersigned, his/her personal representatives, assigns, heirs and next of kin for any and all damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned is in or upon the restricted area, and/or competing, officiating in, observing, or working for, or for any purpose participating in the event;
2. HEREBY AGREES TO INDEMNIFY AND SAVE HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in or upon the restricted area or in any way competing, officiating, observing, or working for, or for any purpose participating in the event and whether caused by the negligence of the releasees or otherwise.
3. HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE due to the negligence of releasees or otherwise while in or upon the restricted area and/or while competing, officiating, observing, or working for or for any purpose participating in the event.
4. EACH OF THE UNDERSIGNED expressly acknowledges and agrees that the activities at the event and in the restricted areas are dangerous and involve the risk of serious injury and/or death and/or property damage. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

5. Hereby consent to allow my picture and/or voice or likeness to appear in any official documentary, promotional, exclusive television, radio or film coverage of the Iowa Sports Foundation, d/b/a/ Live Healthy Iowa Kids in any manner incidental to my participation in the Iowa Sports Foundation, d/b/a Live Healthy Iowa Kids and without compensation to me. THE UNDERSIGNED HAS READ THIS WAIVER AND RELEASE FROM LIABILITY, FULLY UNDERSTANDS ITS TERMS, UNDERSTANDS THAT SUBSTANTIAL RIGHTS ARE GIVEN UP BY SIGNING IT, AND SIGNS IT FREELY AND VOLUNTARILY, and further agrees that no oral representatives, statements or inducement apart from the foregoing written agreement have been made. This waiver, release and indemnification agreement, specifically embraces each and every event sanctioned, authorized, sponsored, co-sponsored, or promoted by said releasees during the entire season, including, without limitation, local or regional qualifying events, wherever located, and applies to each and every event, or activity hereinabove mentioned, and has the same effect as if executed after each and every activity or event in which the undersigned participates so that the parties herein intended to be released and indemnified shall be fully and effectively released and indemnified as to each and every event hereinabove described.

The undersigned, \_\_\_\_\_ referred to as the parent(s) and natural guardian(s) or legal guardian(s) of \_\_\_\_\_ does thereby represent that he/she (they) is (are), in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties herein referred to above as releases from all liability, loss, cost, claim or damage whatsoever may be imposed upon said releasees because of any defect in or lack of such capacity to so act and release said releasees on behalf of both of the undersigned.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Relationship to the Minor

\_\_\_\_\_  
Date