2021 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 no 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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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
76-16	June 14, 15, 16, 18	5:50-6:20 pm	May 28
77-16	June 21, 22, 23, 25	5:50-6:20 pm	May 28
76-23	July 6, 7, 8, 9	10:45-11:15 am	June 25
76-26	July 6, 7, 8, 9	5:50-6:20 pm	June 25
77-23	July 12, 13, 14, 15	10:45-11:15 am	June 25
77-26	July 12, 13, 14, 15	5:50-6:20 pm	June 25
76-36	July 19, 20, 21, 26	5:50-6:20 pm	July 9
77-36	July 27, 28, 29, 30	5:50-6:20 pm	July 9

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

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 14, 15, 16, 18	10:45-11:15 am	May 28
78-14	June 14, 15, 16, 18	11:30 am-12:00 pm	May 28
78-16	June 14, 15, 16, 18	5:50-6:20 pm	May 28
79-13	June 21, 22, 23, 25	10:45-11:15 am	May 28
79-14	June 21, 22, 23, 25	11:30 am-12:00 pm	May 28
79-16	June 21, 22, 23, 25	5:50-6:20 pm	May 28
78-24	July 6, 7, 8, 9	11:30 am-12:00 pm	June 25
78-26	July 6, 7, 8, 9	5:50-6:20 pm	June 25
79-24	July 12, 13, 14, 15	11:30 am-12:00 pm	June 25
79-26	July 12, 13, 14, 15	5:50-6:20 pm	June 25
78-33	July 19, 20, 21, 26	10:45-11:15 am	July 9
78-36	July 19, 20, 21, 26	5:50-6:20 pm	July 9
79-33	July 27, 28, 29, 30	10:45-11:15 am	July 9
79-36	July 27, 28, 29, 30	5:50-6:20 pm	July 9

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: 10:00-10:30 am or 12:15-12:45 pm.

Weeks available to schedule:
June 14-18
June 21-25,
June 28-July 2
July 5-9
July 12-16
July 19-23
July 26-30

As we do limit the number of privates scheduled per week, register early in May for best availability, and no

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: July 19, 20, 21, 26, 27, 28, 29, 30, 11:30 am –noon
REGISTRATION FEE: $35
REGISTRATION DEADLINE: July 9
program number 88-14

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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: $35 PER SESSION** (each session consists of 8 weekdays)

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 28

SESSION I: June 14, 15, 16, 18, 21, 22, 23, 25

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 25

SESSION II: July 6, 7, 8, 9, 12, 13, 14, 15

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 9

SESSION III: July 19, 20, 21, 26, 27, 28, 29, 30

CLASS TIME	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
10:45-11:15 am	81-33	82-33	83-33	84-33		
11:30 am -12:00 pm	ADAPTIVE SWIMMING					
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