

2024 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 277-5128 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 and returning baskets to guard house.

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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

PARENT-INFANT/TODDLER (Limit to 2 sessions)

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 3, 4, 5, 6	5:50-6:20 pm	May 24
77-16	June 10, 12, 13, 14	5:50-6:20 pm	May 24
76-23	June 17, 19, 20, 21	10:45-11:15 am	June 7
76-26	June 24, 25, 26, 28	10:45- 11:15m	June 7
77-23	June 24, 25, 26, 28	5:50-6:20 pm	June 7
77-26	June 24, 25, 26, 28	10:00- 10:30 am	June 7
76-36	July 15, 16, 17, 18,	12:30- 1:00 pm	June 21
77-36	July 22, 23, 24, 25	12:00-12:30 pm	June 21



PRIVATE SWIM LESSONS (Limit to 2 sessions)

Lessons are geared toward the abilities of your child and will consist of five 1/2-hour long classes. **MUST BE AT LEAST 4 YEARS OLD**

PRESCHOOL (Limit to 2 sessions)

For 3 and 5 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 3, 4, 5, 6,	10:45-11:15 am	May 24
78-14	June 3, 4, 5, 6,	11:30 am-12:00 pm	May 24
78-16	June 3, 4, 5, 6,	5:50-6:20 pm	May 24
79-13	June 10, 12, 13, 14	10:45-11:15 am	May 24
79-14	June 10, 12, 13, 14	11:30 am-12:00 pm	May 24
79-16	June 10, 12, 13, 14	5:50-6:20 pm	May 24
78-24	June 17, 19, 20, 21	11:30 am-12:00 pm	June 7
78-26	June 17, 19, 20, 21	5:50-6:20 pm	June 7
79-24	June 24, 25, 26, 28	11:30 am-12:00 pm	June 7
79-26	June 24, 25, 26, 28	5:50-6:20 pm	June 7
78-33	July 15, 16, 17, 18,	10:00- 10:30 am	June 21
78-36	July 15, 16, 17, 18,	11:00- 11:30 am	June 21
79-33	July 22, 23, 24, 25	11:30- 12:00 pm	June 21
79-36	July 22, 23, 24, 25	12:00- 12:30 pm	June 21

Private Swim Lessons	
Offered weekly (A) 10:00-10:30am or (B) 12:15-12:45pm	
Cost: \$85 per person	
Dates	Registration Deadline
June 3-7 (A,B)	May 19
June 10-14 (A,B)	May 19
June 17-21 (A,B)	May 19
June 24-28 (A,B)	May 19
July 15-19(A, B)	June 8
July 22-26 (A, B)	June 8

(Monday thru Friday).

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.



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

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

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LEARN TO SWIM PROGRAM		REGISTRATION FEE: \$45 PER SESSION (each session consists of 8 weekdays) (LIMIT to 2 SESSIONS)
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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 24						
SESSION I: June 3, 4, 5, 6, 7, 10, 12, 13						
No swim classes are scheduled on June 11 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 7						
SESSION II: June 17, 19, 20, 21, 24, 25, 26, 28						
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 5						
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
10:45-11:15pm	81-33	82-33	83-33	84-33		
11:30- 12:00pm	81-34	82-34	83-34	84-34		
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.
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.

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