2025 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, X (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 2, 3, 4, 5	5:50-6:20 pm	May 23
77-16	June 9, 10, 11, 13	5:50-6:20 pm	May 23
76-23	June 16, 17, 18, 20	10:45-11:15 am	June 6
76-26	June 23, 25, 26, 27	10:45– 11:15m	June 6
77-23	June 23, 25, 26, 27	5:50-6:20 pm	June 6
77-26	July 7, 8, 9, 10	10:00– 10:30 am	June 20
76-36	July 7, 8, 9, 10	12:30– 1:00 pm	June 20
77-36	July 7, 8, 9, 10	12:00–12:30 pm	June 20

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 2, 3, 4, 5	10:45-11:15 am	May 23
78-14	June 2, 3, 4, 5,	11:30 am-12:00 pm	May 23
78-16	June 2, 3, 4, 5	5:50-6:20 pm	May 23
79-13	June 9, 10, 11, 13	10:45-11:15 am	May 23
79-14	June 9, 10, 11, 13	11:30 am-12:00 pm	May 23
79-16	June 9, 10, 11, 13	5:50-6:20 pm	May 24
78-24	June 16, 17, 18, 20	11:30 am-12:00 pm	June 6
78-26	June 16, 17, 18, 20	5:50-6:20 pm	June 6
79-24	June 23, 25, 26, 27	11:30 am-12:00 pm	June 6
79-26	June 23, 25, 26, 27	5:50-6:20 pm	June 6
78-33	July 7, 8, 9, 10	10:00– 10:30 am	June 20
78-36	July 7, 8, 9, 10	10:30– 11:00 am	June 20
79-33	July 7, 8, 9, 10	11:00– 11:30 pm	June 20
79-36	July 7, 8, 9, 10	11:30– 12:00 pm	June 20

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**

Private Swim Lessons Offered weekly (A) 10:00-10:30am or (B) 12:15-12:45pm **Cost:** $85 per person	
Dates	**Registration Deadline**
June 2- 6 (A,B)	May 17
June 9-13 (A,B)	May 17
June 16-20 (A,B)	May 17
June 23-27 (A,B)	May 17
July 14-18 (A, B)	June 6
July 21-25 (A, B)	June 6

(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.

2025 SWIM CLASSES : LEVELS 1- 3

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.

- Enter water by stepping/jumping from the side into shoulder deep water
- Exit water using ladder, steps or side from chest-deep water
- Fully submerge and hold breath 20 seconds
- Bobbing 10 times in chest deep water
- Rotary Breathing 5 times
- Front/Back glide 2 body lengths
- Float in face down position 10 seconds and recover to standing
- Back float 15 seconds in chest-deep water
- Recover from face/back to vertical position in chest-deep water
- Roll Front/back and Back/Front
- Change direction while swimming
- Tread Water 15 seconds in shoulder-deep water
- Combined arm/leg actions on front and back 5 body length
- Finning arm action on back 5 body lengths

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
- Change position from vertical/horizontal and horizontal to vertical
- Swim breaststroke for 15 yards
- Flutter, scissors, and dolphin kicks for 15 yards

2025 SWIM CLASSES : LEVELS 4- 6

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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 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
- 3-5 body lengths after swim underwater

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.

- Front Crawl - 100 yards
- Elementary backstroke - 100 yards
- Back crawl 50 yards
- Breastroke 50 yards
- Sidestroke 50 yards
- Butterfly, 50 yards
- Front Crawl/Back Crawl open turn while swimming
- Front Flip/Backstroke flip turns while swimming
- Butterfly/Breastroke turns while swimming
- Surface dive and retrieve and object from 7-10 feet of water
- Circle swimming
- Using a pace clock
- Using a pullbouy while swimming 25 yards
- Using fins/Paddles while swimming 25 yards
- Describe how to set up an exercise program
- Demonstrate various training techniques
- Calculate target heart rate
- Demonstrate aquatic exercise
- 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

2025 SWIM CLASSES

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

LEARN TO SWIM PROGRAM		**REGISTRATION FEE:** **$45 PER SESSION** (each session consists of 8 weekdays) (LIMIT to 2 SESSIONS)

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

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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 2, 3, 4, 5, 6, 9, 10, 11

No swim classes are scheduled on June 12 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 6

SESSION II: June 16, 17, 18, 20, 23, 25, 26, 27

No swim classes are scheduled on June 19 & 24 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 4

SESSION III: July 14, 15, 16, 17, 18, 21, 22, 23

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