



C. R. E. W.

Community Resource Enrichment Wellness

Mail to Lodi CREW, Attn: Heidi Endres; 1100 Sauk St; Lodi, WI 53555

Or Register On-line! www.lodi.k12.wi.us Click on CREW

Lodi Spring 2017 Swim Lessons:

MONDAYS: April 24, May 1, 8, 18, 22 and June 5, 12 No class May 29

WEDNESDAYS: April 24, May 3, 10, 17, 24, 31 and June 7

SUNDAYS: April 30, May 7, 21, 28, June 14, 11, 25 No Class May 14 & June 18

NOTE: Registration is now by Swim Level, please sign up for the correct level. If unsure please call 592-1076.

We encourage on-line registration to secure your spot!

Preschool Classes – Age 3-5 Level 1

Level 1: Enter water independently using ladder, step or side and travel at least 5 yards, submerging mouth and blowing bubbles for at least 3 seconds, gliding on front for 2 body lengths, rolling to back and float for 3 seconds

- 5:30–6:00 pm Mon 6:05-6:35 pm Mon 5:30-6:00 Wed 6:05-6:35 pm Wed
 1:00-1:30 pm Sun 1:35-2:05 pm Sun 2:10-2:40 pm Sun

Preschool Classes – Age 3-5 Level 2

Level 2: Swimming using combined arm and leg actions on front, rolling to back floating for 5 seconds, rolling to front continuing to swim

- 5:30-6:00 pm Mon 6:05-6:35 pm Mon 6:05-6:35 pm Wednesdays 1:35-2:05 pm Sundays

Preschool Classes – Age 3-5 Level 3

Level 3: Swimming using combined arm and leg actions on front, rolling to back floating for 15 seconds, rolling to front continuing to swim

- 5:30-6:00 pm Mon 6:05-6:35 pm Mon 5:30-6:00 pm Wed 6:05-6:35 pm Wed 2:10-2:40 pm Sun

Youth Classes – Age 6 & Over Level 1 & 2

Level 1: Gliding on front, rolling to back float, recovering to a vertical position

Level 2: Stepping from the side into chest deep water, pushing off using combined arm and leg action on front, back and then front again for 5 body lengths each.

- 6:40-7:20 pm Mon 6:40-7:20 pm Wed 1:00-1:40 pm Sun

Youth Classes – Age 6 & Over Level 3, 4 & 5

Level 3: Stroke development: Jumping into deep water from side, front crawl for 15 yards, maintaining position by treading/floating for 30 seconds, elementary backstroke for 15 yards

Level 4: Stroke Improvement: Swimming front crawl for 25 yards, elementary backstroke for 25 yards, breaststroke for 15 yards, back crawl for 15 yards

Level 5: Stroke Refinement: Front crawl for 50 yards, elementary backstroke for 50 yards, breaststroke for 25 yards, back crawl for 25 yards

- 6:40-7:20 pm Mon 6:40-7:20 pm Wed 1:45-2:25 pm Sun

Payment (per session): (Mon/Wed Classes)

Resident/Non-Resident with Pool Pass	\$40
Resident without Pool Pass	\$50
Non-Resident without Pool Pass	\$60

Registration Fills Fast!

Don't Delay!

If pool is closed due to holidays, weather or mechanical failure; lessons will not be rescheduled

Minimum amount of participants are required to hold classes!

C.R.E.W.

Fall I 2016 Swim Lessons

Questions call:
(608) 592-1076

Drop off to:
Pool Lobby

Mail to:
CREW
Attn: Heidi Endres
115 School St
Lodi WI 53555

A SPECIAL WAIVER WILL NEED TO BE COMPLETED 1 OF 2 WAYS.

1. PRINT A COPY AND COMPLETE. PLEASE RETURN WITH THIS REGISTRATION FORM.
WWW.LODI.K12.WI.US CLICK ON COMMUNITY AND THEN CREW. CREW FORM ON THE RIGHT SIDE OF WEBSITE!

2. REGISTER ON-LINE AND COMPLETE INFO FOR THE WAIVER ON-LINE

Name: _____ DOB: ____ / ____ / ____

Address: _____ Male Female

Home Phone: _____ Email: _____

Signature of parent/guardian: _____

Preschool Class(es): _____

Youth Class(es): _____

Method of Payment:

- Check (made payable to Lodi Schools) Cash (drop off only) (can register on-line too!)
 Resident/Non-Resident w/Pass \$40 Resident w/o Pass \$50 Non-Resident w/o Pass \$60