



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 Summer 2017 Swim Lessons: Weeks of June 19 – July 26 (Space is Limited)

**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 pm Wed 6:05 – 6:35 pm Wed

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 5:30 – 6:00 pm Wed 6:05 – 6:35 pm Wed

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

6:40-7:10 pm Mon 6:40-7:10 pm Wed

Youth Classes – Age 6 & Over Level 1 & 2

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

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

5:30-6:15 pm Mon 6:20-7:05 pm Wed

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

Level 3: Stroke development: Jump into deep water, front crawl, elem backstroke for 15 yds, maintain position by tread/float for 30 second

Level 4: Stroke Improvement: Swimming front crawl, elementary backstroke for each 25 yards ea. Breaststroke, back crawl for 15 yards each

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

6:20-7:05 pm Mon 5:30-6:15 pm Wed

Payment (per session):

(Mon/Wed Classes)

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

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.

Summer 2016 Swim Lessons

Questions call:
(608) 592-1076

Drop off to:
Pool Lobby

Mail to:
CREW
Attn: Heidi Endres
1100 Sauk Street
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