



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 Winter I 2018 Swim Lessons:

Weeks of Sunday, Jan 7 – Wednesday, Feb 28 (Space is Limited)

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

1:00-1:30 pm Sun 1:35-2:05 pm Sun

5:45-6:15 pm Mon 6:20-6:50 pm Mon

5:45-6:15 pm Wed 6:20-6:50 pm Wed 6:55-7:25 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

1:00-1:30 pm Sun 5:45-6:15 pm Mon 6:20-6:50 pm Mon 5:45-6:15 pm Wed 6:20-6:50 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

1:35-2:05 pm Sun 5:45-6:15 pm Mon 5:45-6:15 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: 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.

2:10-2:55 pm Sun 6:55-7:40 pm Mon 6:55-7:40 pm Wed

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

2:10-2:55 pm Sun 6:55-7:40 pm Mon 6:55-7:40 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

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 2017 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