

# Registration

CLASS

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TOTAL FEES

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

1. PRINT A COPY AND COMPLETE. RETURN WITH THIS REGISTRATION FORM.  
[WWW.LODI.K12.WI.US](http://WWW.LODI.K12.WI.US) CLICK ON COMMUNITY AND THEN CREW. FORM IS ON THE RIGHT SIDE OF WEBSITE
2. REGISTER ON-LINE AND COMPLETE INFO FOR THE WEAIVER ON-LINE!

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Registrants Name.

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Grade/DOB

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Parent Name

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Address

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Phone

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Email

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Parent Signature

# Contact Us



Like us at: Lodi CREW

## Website:

[www.lodi.k12.wi.us](http://www.lodi.k12.wi.us)

Found under the Community Tab!

## Phone:

608-592-1076

## Email:

Diana Karls: [karlsdi@lodischoolswi.org](mailto:karlsdi@lodischoolswi.org)

Heidi Endres: [endrehe@lodischoolswi.org](mailto:endrehe@lodischoolswi.org)

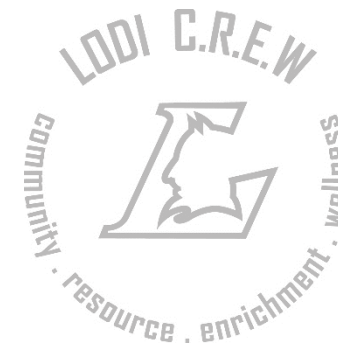


# Upcoming Aquatics

Programs & Registration

*Winter 11 2017*

*February 27 - April 23*



- Youth Swim Lessons •
- Parent/Tot Orientation to the Water •
- Morning Water Aerobics •
- WSI Certification •
- Lifeguard Certification •
- Open/Lap Swim Times •
- Rent the Pool for Parties •
- And More! •

# Lessons

Feb 27-April 23

(Watch Confirmation email for no Class Dates)

## Cost:

Resident/Non-Resident with Pool Pass: \$40

Resident without Pool Pass: \$50

Non-Resident without Pool Pass \$60

## 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.

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

## 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

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

## 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

- Mon 5:30 – 6:00 pm • Mon 6:05-6:35 pm •
- Wed 5:30 – 6:00 pm • Wed 6:05-6:35 pm •

## 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.

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

## 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/float 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

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

## Parent/Tot Orientation to the Water

Join Emma in showing your child how fun it is to be in the water! Come and get your child used to the water while playing and interacting with other parents. Learn holding techniques and safety tips to encourage safe water fun!

Parent and child are in the water together!

Saturdays: March 4 – April 22

No Class March 25

Cost: \$30

8:00 – 8:30 am OR 8:30 – 9:00 am

# Adult Classes

## Morning Water Fitness

Join instructor, Emma Neumaier

with a low impact aqua fitness exercise

Tuesdays & Thursdays

February 28 – April 20

7:00 – 7:45 am

Cost:

Seniors 62+: \$26

Pool Pass: \$40

Resident No Pass: \$50

Non-Resident No Pass: \$55

## Aqua Zumba

Come Join Brittnie! Aqua Zumba offers a safe challenging water-based workout that's cardio-conditioning, body toning, and exhilarating beyond belief. Incorporates dance and fitness moves to up beat latin inspired music to make it fun for anyone who wants exercise in the water. Splashing, stretching, twisting and hooting and hollering are often heard during aqua zumba! Water based workout that's cardio-conditioning and body toning.

Thursdays

March 2 – April 20

No Class April 6

5:30 – 6:15 pm

Cost:

Pool Pass: \$35

No Pass: \$45

## Pool Pass Information

Register for YOUR pool pass today! Forms can be picked up at the pool office (on-line registration is not available for pool passes). We offer both resident and non-resident passes for families, adults or students ranging from 3 months to 12 months!

# Information

## Open/Lap Swim Hours

5:30 – 8:00 am Mon • Wed • Fri Mornings

5:30 – 7:00 am Tues • Thurs  
(limited lap swim 7:00-8:00 am)

5:30 – 7:00 pm Mon • Wed  
LIMITED SPACE

4:00 – 7:30 pm Tues • Thurs

8:00 am – Noon Saturday  
3:00 – 5:00 pm Sunday

- Rent the Pool for Parties •
- Pool Passes •
- Private Lessons •
- Locker Rentals •

Contact Us for More Information!