

## Community Resource Enrichment Wellness

Mail to Lodi CREW, Attn: Heidi Endres; 115 School St; Lodi, WI 53555 Or Register On-line! www.lodi.k12.wi.us Click on CREW

## **Summer 2021 Swim Lessons:**

Saturdays: July 10 - August 14 (6 weeks) Sundays: July 11 - August 15 (6 weeks) Tuesdays: July 13-August

Due to COVID lessons will be structured differently. Please note \*\* by classes where a parent or adult <u>may need</u> to assist their child in the water.

Do not enter the building until it is time for your class to start. Parents will need to drop off child then leave the building unless they are assisting child in the water. Come changed and ready for class. Bring a water bottle if needed as our bubblers are not in use. **Mask must be worn in the building.** Showers will be available after class with guidelines in place.

### Saturday: July 10, 17, 24, 31 & Aug 7, 14 (6 weeks @ \$40/\$50/\$60)

Learn to Swim Level 1 & 2 (ages 6 & older): 8:00-8:30 am \*\* Preschool Level 1-3 (ages 3-5): 8:35-9:05 am

### Tuesdays: July 13, 20, 27 & Aug 3 (4 weeks @ \$32)

- \*\* Preschool Level 1-3 (ages 3-5): 5:00-5:30 pm \*\* Preschool Level 1-3 (ages 3-5): 5:35-6:05 pm
- Learn to Swim Level 1 & 2 (ages 6 and older): 5:00-5:30 pm Learn to Swim Level 3 & 4 (ages 6 and older): 5:35-6:05 pm

# <u>Sunday: July 11, 18, 25 & Aug 1, 8, 15 (6 weeks @</u> \$40/\$50/\$60

- \*\* Preschool Level 1, 2 & 3 (ages 3-5): 3:00-3:30 pm
- \*\* Preschool Level 1, 2 & 3 (ages 3-5): 3:35-4:05 pm
- \*\* Preschool Level 1, 2 & 3 (ages 3-5): 4:10-4:40 pm

Learn to Swim Level 1 & 2 (ages 6 & older) 3:00-3:30 pm Learn to Swim Level 1 & 2 (ages 6 & older) 4:10-4:40 pm

Learn to Swim Level 3 & 4 (ages 6 &older) 3:35-4:05 pm

### Saturday/Sunday Payment (per person):

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

Tuesday Payment (per person): \$32

☐ Check (made payable to CREW)

☐ Resident/Non-Resident w/Pass \$40

For Swim Level Descriptions, please see the back!

If pool is closed for any reason (mechanical failure, COVID or weather related)

lessons will not be rescheduled nor refunded

Minimum amount of participants are required to hold classes!

☐ Cash (drop off only) (can register on-line too!)

□ Non-Resident w/o Pass \$40

#### C.R.E.W. Summer 2021 Swim Lessons By this Waiver, I assume any risk, and take full responsibility and waive any claims of personal injury, death or damage to personal property associated Ouestions call: with Lodi School District Recreation and Education Program activities and events organized by The School District of Lodi. (608) 592-1076 I understand and confirm that by signing this WAIVER AND RELEASE I have given up considerable future legal rights. I have signed this Agreement Drop off to: freely, voluntarily, under no duress. My signature is proof of my intention to execute a complete and unconditional WAIVER AND RELEASE of all Pool Lobby liability to the full extent of the law. I also grant permission for CREW to post photos on social media and the website. I am 18 year of age or older and mentally competent to enter into this waiver. Mail to: Name: \_ **CREW** ☐ Male ☐ Female Address: Attn: Heidi Endres Home Phone: Email: 115 School St Signature of parent/guardian: \_ Lodi WI 53555 Preschool Class(es): **Youth Class(es): Method of Payment:**

☐ Resident w/o Pass \$30

## **Preschool Level Swimming:**

- **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
- **Level 2:** Swimming using combined arm and leg actions on front, rolling to back floating for 5 seconds, rolling to front continuing to swim
- **Level 3:** Swimming using combined arm and leg actions on front, rolling to back floating for 15 seconds, rolling to front continuing to swim

## **Youth Level Swimming:**

- 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 let action on front, back and then front again for 5 body lengths each.
- **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