



C. R. E. W.

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

Fall II 2022 Swim Lessons:

Sundays: October 30 – December 4

Wednesdays & (1 Monday): November 2 – December 8

Week of Thanksgiving Class: Monday, Nov 21

For Swim Level Descriptions, please see the back!

If pool is closed for any reason (mechanical failure, weather related or any other reason) lessons will not be rescheduled nor refunded

Minimum amount of participants are required to hold classes!

Wednesdays: Nov 2, 9 16, 30 Dec 7 Monday: Nov 21 Preschool Level 1-3 (ages 3-5): 5:00-5:30 pm Preschool Level 1-3 (ages 3-5): 5:35-6:05 pm Preschool Level 1-3 (ages 3-5): 6:10-6:40 pm Learn to Swim Level 1-2 (ages 6 and older): 5:00-5:45 pm Learn to Swim Level 2-3 (ages 6 and older): 5:50-6:35 pm	Sundays: Oct 30, Nov 6,13,20, 27, Dec 4 Preschool Level 1 (ages 3-5): 3:00-3:30 pm Preschool Level 2 & 3 (ages 3-5): 3:35-4:05 pm Preschool Level 2 & 3 (ages 3-5): 3:50-4:20 pm Preschool Level 1, 2 & 3 (ages 3-5): 4:10-4:40 pm Preschool Level 1 (ages 3-5): 4:25-4:55 pm Learn to Swim Level 1 (ages 6 & older) 3:00-3:45 pm Learn to Swim Level 2 & 3 (ages 6 & older) 3:00-3:45 pm Learn to Swim Level 2 (ages 6 and older) 3:50-4:35pm
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Payment (per person): Resident/Non Resident with Pool Pass \$45 Resident without Pool Pass \$55 Non-Resident without Pool Pass \$65	<i>Your help is needed! Parents please do not stay on the pool deck during lessons. This helps the instructors keep the kids engaged with listening and practicing their skills!</i> <i>Thank you for your cooperation!</i>
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CREW		Fall II 2022 - 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 with Lodi School District Recreation and Education Program activities and events organized by The School District of Lodi.			
I understand and confirm that by signing this WAIVER AND RELEASE I have given up considerable future legal rights. I have signed this Agreement freely, voluntarily, under no duress. My signature is proof of my intention to execute a complete and unconditional WAIVER AND RELEASE of all 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.			
Questions Call: 608.592.1076	Name: Address: Email:	DOB: Phone: Parent Signature	
Drop off: Pool Lobby Mail to: CREW Attn: Heidi Endres 115 School St Lodi WI 53555	Class(es): Preschool: (write day of week and time) Learn to Swim: (write day of week and time and level)		
Method of Payment:	<input type="checkbox"/> Check (made payable to CREW) <input type="checkbox"/> Cash (drop off only) You can register on-line! <input type="checkbox"/> Resident/Non-Resident w/Pass \$45 <input type="checkbox"/> Resident w/o Pass \$55 <input type="checkbox"/> Non-Resident w/o Pass \$65		

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

Learn to Swim 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 leg 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