



# 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](http://www.lodi.k12.wi.us) Click on CREW

## Lodi Summer 2018 Swim Lessons: Weeks of June 11 – July 25 (Space is Limited)

Wed Class: No Class on July 4 (5 minutes have been added to each class to make up for this date)

### 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  6:10-6:45 pm Wed  6:50 – 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

5:30 – 6:00 pm Mon  6:05 – 6:35 pm Mon  6:10-6:45 pm Wed  6:50-7:25 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  5:30-6:05 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  6:25-7:15 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  5:30-6:20 pm Wed

| <b>Payment (per session):<br/>(Mon/Wed Classes)</b> |      |
|---|------|
| 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 2018 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](http://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