

## **2012 SUMMER SWIM PROGRAM**

**Registration** for Session I (June 11 - June 29) Session II (July 2 - July 20) and Session III (July 23 - Aug 10) will be on Wednesday, May 30<sup>th</sup>, in the **South Campus A/P Room (Cafeteria)**. Follow registration signs directing you to enter on the East side of South Campus. Due to school being in session, you will not be able to enter the building until 3p.m. Registration takes place from 6:30 p.m. to 8:00 p.m. for Arrowhead School District residents, and from 8:00 p.m. to 9:00 p.m. for the general public.

**Late registrations** after May 30<sup>th</sup> will be taken at the pool office during open swim hours, Friday evening, 7:30 p.m. - 9:00 p.m., and Saturday and Sunday afternoons from 2:00 - 4:15 p.m. Late registrations will also be taken at the Activities Office weekdays between 8:00 a.m. and 3:00 p.m. through June 8<sup>th</sup>. Beginning June 11<sup>th</sup> registrations will take place at the swimming pool office weekdays between 9:00 a.m. and 3:00 p.m. and Monday - Thursday evenings between 6 and 9 p.m. If you have any questions about swim programs, please call the pool office at 369-3612, Ext. 4839, during the open swim hours.

### **REGISTRATION PROCEDURES**

**IN PERSON REGISTRATION ONLY!** **You must be present** to register your children. Priority **must** go to those present. You are not authorized to sign for another family and this will be monitored. Classes have been added to accommodate the demand. If you are unable to attend the registration in person, see the Late Registration procedure above.

- 1) Pick up a number and swim information sheets when entering the registration area at **South Campus A/P Room (Cafeteria)**.
- 2) Wait in that area until your number is called.
- 3) Enter registration area. Give your number to the person at the microphone and proceed to the registration tables. Pick the appropriate registration forms. (Example: 1st session, Level I)
- 4) Complete both portions of the registration card(s). (Please note, when you sign the registration card you are giving consent for participation and understand and agree to follow the procedures and policies set forth.)
- 5) Proceed to the cashier table with registration cards. Calculate the amount owed and make checks payable to **ARROWHEAD HIGH SCHOOL**. **PLEASE MAKE SURE TO KEEP YOUR STAMPED RECEIPT!** **Do not send it with your child to class.** **(This stamped receipt must be presented to make any class changes.)**

### **Adult Water Aerobics & Adult Lap Swimming**

An adult water exercise program is available on Mondays and Wednesdays from 8:15 - 9:15 p.m. and an Adult "Deep Water" workout is offered on Saturdays from 8:15-9:15 a.m. Swimming skills are not necessary for aerobics. Lap swimming on Mondays and Wednesdays is from 8:00 – 9:30 p.m. and Tuesdays and Thursdays from 8:00 - 9:00 p.m. and Fridays from 7:30 - 9:00 p.m. Cost is \$3.00 per night if you are lap swimming or joining the water aerobics class, or doing both.

### **Pool Schedule**

Watch for monthly pool schedules for days the pool will be closed for special events.

Adult Lap Swimming: 8:00 - 9:30 p.m. on Monday and Wednesday evenings, 8-9:00 p.m. on

	Tuesday and Thursday evenings and Fridays from 7:30 - 9:00 p.m. and Saturday and Sunday afternoons from 2:00 - 4:15 p.m.
Adult Water Aerobics:	8:15 - 9:15 p.m. on Monday and Wednesday evenings.
“Deep Water” Workout:	8:15 - 9:15 a.m. on Saturday mornings.
Open Swim:	7:30 - 9:00 p.m. on Friday evenings.
Open Swim:	2:00 - 4:15 p.m. on Saturday and Sunday afternoons.

### **Pool Schedule (Summer)**

Open Swim - 1:00 - 3:00 p.m., Tuesday, Thursday and Friday.  
All the regular pool hours listed above.

### **Cost**

Adults - \$3.00  
Children under 18 - \$1.50  
Children under 5 - Free  
Discount passes available

### **Birthday Parties**

Birthday parties are welcome during regular open swim hours. Please check monthly pool calendar to be sure the pool is open on your specific date. Also, a reminder that there is no food or drink in the pool area.

### **POOL MECHANICAL PROBLEMS**

Due to time constraints, **NO** refunds or make-up dates allowed in this unforeseen isolated circumstance.

### **LOCKER ROOMS**

Boys age 6 and over must use the **boy's** locker room. Girls age 6 and over must use the **girls** locker room. The Mother/Son locker room and the Father/Daughter locker room is available for younger boys & girls needing assistance. If any assistance is needed in the locker rooms, summon the help of a locker room attendant.

### **SWIM LESSONS**

The Arrowhead High School swim lesson program has updated the swim program in accordance with the American Red Cross 2009 revision. Youth classes will follow the lesson structure of the American Red Cross Learn-to-Swim program. Learn-to-Swim includes levels one through six skills that teach participants to swim skillfully and safely progressing to more advanced aquatic skills and programs. To help you select the appropriate class, the levels are described below. If a child is registered for the wrong class, transfers will be made only on a space available basis and with your receipt. **Please have your child use the restroom prior to class starting.**

### **PARENT/TOT**

#### **(A) - 6 MONTHS TO 2 YEARS - Water Exploration**

Parent required to participate in the water. One adult per child. Water orientation, comfort in the water and fun. Elastic legged swimsuit required. No diapers.

## **(B) – AGES 2 TO 5 – Water Adjustment Skills**

Parent required to participate in the water. One adult per child. Experiences in the water, and a good class for children reluctant to separate from parents. Elastic legged swimsuit required. No diapers.

### **LEVEL I - AGES 3-5 - (without parent)**

Introduction to water skills which include buoyancy, breath control, safety topics, front and back floating with support and an introduction to treading water. We will also be working toward unsupported floating and have an exit skills assessment. Child MUST be able to swim 5 yards (15 feet) unassisted to pass to Level 2. (Classes will have two teachers per six kids).

### **LEVEL II**

Fundamental Aquatic skills (for children who have passed Level I) include: independent floating and gliding, front and back crawl stroke, rhythmic breathing, turning over, simultaneous and alternating arm and leg actions, treading water, safety topics and exit skills assessment. (Classes will have two teachers per ten to fifteen kids).

### **LEVEL III**

For children who have passed Level II. Stroke development skills include: elementary backstroke, front crawl, treading water, diving, butterfly kick, butterfly body motion, rotary breathing, safety topics and exit skills assessment.

### **LEVEL IV**

For children who have passed Level III. Children must be comfortable deep end swimmers and be able to swim a pool length using a reasonably good stroke. Stroke improvement skills include: deep water bobbing, diving, front crawl, breaststroke, butterfly, elementary backstroke, back crawl, sidestroke, treading water with two separate kicks, safety topics and exit skills assessment.

### **LEVEL V**

For children who have passed Level IV. Stroke Refinement skills include: shallow angle dives, surface dives, front crawl, breast stroke, butterfly, elementary backstroke, back crawl, turning, side stroke, safety topics and exit skills assessment.

### **LEVEL VI**

Students must have completed the Level V skills. For the following Level VI components emphasis is on perfecting swim skills and increasing distance and endurance of each stroke.

Level VI components: Choose from the following:

Endurance swimmer – swim team preparation

Personal water safety – self rescue techniques, boating safety and open water rules

Fundamentals of diving – basic dives from diving board including approach and hurdle

### **BASIC WATER SAFETY**

Students must have completed two of the Level VI components. Basic Water Safety is a transitional course between the Level VI components and Lifeguard training.

**LIFEGUARD TRAINING**

Must be age 15. See Pool Coordinator for more information.

**ADAPTIVES**

To help us assist your child, please inform us of your child’s disability. Write a brief description on the registration card and have a short discussion with the instructor on the first day of swim lessons.

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Following is the registration information for summer swim lessons:

1st SESSION: June 11 – June 29 (3 weeks, Monday thru Friday)

2nd SESSION: July 2 – July 20 (3 weeks, Monday thru Friday)

3rd SESSION: July 23 – Aug 10 (3 weeks, Monday thru Friday)

**REGISTRATION:** for Session I (June 11 - June 29) Session II (July 2 - July 20) and Session III (July 23 - Aug 10) will be on Wednesday, May 30th, in the **South Campus A/P Room (Cafeteria).**

Follow registration signs directing you to enter on the East side of South Campus. Due to school being in session, you will not be able to enter the building until 3p.m. Registration takes place from 6:30 p.m. to 8:00 p.m. for Arrowhead School District residents, and from 8:00 p.m. to 9:00 p.m. for the general public.

**PARENT'S OBSERVATION**

Parents may observe **all** swim classes from the pool bleachers. For some students, family members observing from the pool bleachers may not be advisable due to student distractibility. The pool has an on-site coordinator and supervisor. Parents are encouraged to contact the pool coordinator or supervisor at any time should they have any questions or concerns.

All swim lessons are taught by certified swim instructors and lifeguards. The State of Wisconsin and Arrowhead High School **requires** that all swim instructors and lifeguards hold current certifications in CPR for the Professional Rescuer, Standard First Aid, Automated External Defibrillator and Life Guard Training. Other certifications held by this quality staff include: Basic Water Safety, Emergency Water Safety, Coach's Training, Instructor Candidate Training and Water Safety Instructor Training.

## SWIM LESSON SCHEDULE

<u>CLASS</u>	<u>DAYS</u>	<u>TIME</u>	<u>Offered SESSION</u>	<u># STUDENTS</u>	<u>TOTAL LESSONS</u>	<u>SES. I &amp; III COST **</u>	<u>SES. II COST</u>
PARENT/TOT (A)	Tues/Thurs	9:00- 9:30	I,II,III	(8)	6	\$30.50	\$30.50
		10:00-10:30	I,II,III	(8)			
		11:30-12:00	I,II,III	(8)			
	Mon/Wed (eve)	7:00- 7:30	I,II,III	(12)	6	\$30.50	\$26.25
	Tues/Thurs(eve)	7:00- 7:30	I,II,III	(12)	6		\$30.50
PARENT/TOT (B)	Tues/Thurs	9:00- 9:30	I,II,III	(8)	6	\$30.50	\$30.50
		10:00-10:30	I,II,III	(8)			
		11:30-12:00	I,II,III	(8)			
	Mon/Wed (eve)	7:00- 7:30	I,II,III	(12)	6	\$30.50	\$26.25
	Tues/Thurs(eve)	7:00- 7:30	I,II,III	(12)	6		\$30.50
LEVEL I	Mon/Wed/Fri	9:00- 9:30	I,II,III	(06)	9	\$38.75	\$35.00
		9:00- 9:30	I,II,III	(06)	9		
		9:00- 9:30	I,II,III	(06)	9		
		9:00- 9:30	I,II,III	(06)	9		
		9:30-10:00	I,II,III	(06)	9		
		9:30-10:00	I,II,III	(06)	9		
		9:30-10:00	I,II,III	(06)	9		
		9:30-10:00	I,II,III	(06)	9		
		9:30-10:00	I,II,III	(06)	9		
		10:00-10:30	I,II,III	(06)	9		
		10:00-10:30	I,II,III	(06)	9		
		10:00-10:30	I,II,III	(06)	9		
		10:30-11:00	I,II,III	(06)	9		
		10:30-11:00	I,II,III	(06)	9		
		10:30-11:00	I,II,III	(06)	9		
		10:30-11:00	I,II,III	(06)	9		
		11:00-11:30	I,II,III	(06)	9		
		11:30-12:00	I,II,III	(06)	9		
		11:30-12:00	I,II,III	(06)	9		
		12:00-12:30	I,II,III	(06)	9		
	12:00-12:30	I,II,III	(06)	9			
	12:30- 1:00	I,II,III	(06)	9			
	12:30- 1:00	I,II,III	(06)	9			
	Mon/Wed	1:00-1:30	I,II,III	(06)	6	\$30.50	\$26.25
		1:00-1:30	I,II,III	(06)	6		
		1:00-1:30	I,II,III	(06)	6		
		1:30-2:00	I,II,III	(06)	6		
		1:30-2:00	I,II,III	(06)	6		
		1:30-2:00	I,II,III	(06)	6		
		1:30-2:00	I,II,III	(06)	6		
		2:00-2:30	I,II,III	(06)	6		
		2:00-2:30	I,II,III	(06)	6		
		2:00-2:30	I,II,III	(06)	6		
		2:30-3:00	I,II,III	(06)	6		
		2:30-3:00	I,II,III	(06)	6		
	2:30-3:00	I,II,III	(06)	6			
	2:30-3:00	I,II,III	(06)	6			
Tues/Thurs	9:00- 9:30	I,II,III	(06)	6	\$30.50		
	9:00- 9:30	I,II,III	(06)	6			
	9:00- 9:30	I,II,III	(06)	6			
	9:30-10:00	I,II,III	(06)	6			
	9:30-10:00	I,II,III	(06)	6			
	9:30-10:00	I,II,III	(06)	6			
	9:30-10:00	I,II,III	(06)	6			
	10:00-10:30	I,II,III	(06)	6			
	10:30-11:00	I,II,III	(06)	6			
	10:30-11:00	I,II,III	(06)	6			

<u>CLASS</u>	<u>DAYS</u>	<u>TIME</u>	<u>Offered SESSION</u>	<u># STUDENTS</u>	<u>TOTAL LESSONS COST</u>	<u>SES. I &amp; III **</u>	<u>SES. II COST</u>	
Level I cont.	Tues/Thurs	10:30-11:00	I,II,III	(06)	6			
		11:00-11:30	I,II,III	(06)	6			
		11:30-12:00	I,II,III	(06)	6			
		11:30-12:00	I,II,III	(06)	6			
		12:00-12:30	I,II,III	(06)	6			
		12:00-12:30	I,II,III	(06)	6	\$30.50	\$30.50	
		12:30-1:00	I,II,III	(06)	6			
		12:30-1:00	I,II,III	(06)	6			
		6:15- 6:45	I,II,III	(06)	6	\$30.50	\$26.25	
		6:15- 6:45	I,II,III	(06)	6			
Level I cont.	Mon/Wed (eve)	6:15- 6:45	I,II,III	(06)	6			
		6:15- 6:45	I,II,III	(06)	6			
		6:15- 6:45	I,II,III	(06)	6			
		6:15- 6:45	I,II	(06)	6			
		7:00- 7:30	I,II,III	(06)	6	\$30.50	\$26.25	
		7:00- 7:30	I,II,III	(06)	6			
		7:30- 8:00	I,II,III	(06)	6			
		7:30- 8:00	I,II,III	(06)	6			
		7:30- 8:00	I,II,III	(06)	6			
	Tues/Thurs(eve)	6:15- 6:45	I,II,III	(06)	6	\$30.50	\$30.50	
		6:15- 6:45	I,II,III	(06)	6			
		6:15- 6:45	I,II,III	(06)	6			
		6:15- 6:45	I,II	(06)	6			
		7:00- 7:30	I,II,III	(06)	6	\$30.50	\$30.50	
		7:00- 7:30	I,II,III	(06)	6			
		7:30- 8:00	I,II,III	(06)	6			
		7:30- 8:00	I,II,III	(06)	6			
		7:30- 8:00	I,II,III	(06)	6			
LEVEL II	Mon through Fri	9:00- 9:45	I,II,III	(9)	15			
		9:00- 9:45	I,II,III	(9)	15	\$52.50	\$49.50	
		10:00-10:45	I,II,III	(10)	15			
		10:00-10:45	I,II,III	(10)	15			
		10:00-10:45	I,II,III	(10)	15			
		11:00-11:45	I,II,III	(10)	15			
		11:00-11:45	I,II,III	(10)	15			
		11:00-11:45	I,II,III	(10)	15			
		11:00-11:45	I,II,III	(10)	15			
		12:00-12:45	I,II,III	(15)	15			
		Mon/Wed	1:00- 1:45	I,II,III	(10)	6	\$35.50	\$30.50
			1:00- 1:45	I,II,III	(10)	6		
			2:00- 2:45	I,II,III	(10)	6	\$35.50	\$30.50
			2:00- 2:45	I,II,III	(10)	6		
		Mon/Wed (eve)	6:15- 7:00	I,II	(10)	6	\$35.50	\$30.50
	6:15- 7:00		I,II	(10)	6			
	6:15- 7:00		I,II	(10)	6			
	6:15- 7:00		III	(15)	6			
	6:15- 7:00		III	(10)	6			
	7:00- 7:45		I,II,III	(9)	6			
	7:00- 7:45		I,II,III	(9)	6			
	Tues/Thurs(eve)		6:15- 7:00	I,II	(10)	6	\$35.50	\$35.50
			6:15- 7:00	I,II	(10)	6		
			6:15- 7:00	I,II	(10)	6		
		6:15- 7:00	III	(15)	6			
		6:15- 7:00	III	(10)	6			
		7:00- 7:45	I,II,III	(9)	6			
		7:00- 7:45	I,II,III	(9)	6			

<u>CLASS</u>	<u>DAYS</u>	<u>TIME</u>	<u>Offered SESSION</u>	<u># STUDENTS</u>	<u>TOTAL LESSONS</u>	<u>SES. I &amp; III COST **</u>	<u>SES. II COST</u>
LEVEL III	Mon through Fri	9:00- 9:45	I,II,III	(15)	15	\$52.50	\$49.50
		10:00-10:45	I,II,III	(15)	15		
		12:00-12:45	I,II,III	(15)	15		
	Mon/Wed	1:00- 1:45	I,II,III	(15)	6	\$35.50	\$30.50
		2:00- 2:45	I,II,III	(15)	6	\$35.50	\$30.50
	Mon/Wed (eve)	6:15- 7:00	I,II,III	(15)	6	\$35.50	\$30.50
		7:00- 7:45	I,II,III	(15)	6		
	Tues/Thurs(eve)	6:15- 7:00	I,II,III	(15)	6	\$35.50	\$35.50
		7:00- 7:45	I,II,III	(15)	6		
	LEVEL IV	Mon through Fri	9:00-9:45	I,II,III	(08)	15	\$52.50
10:00-10:45			I,II,III	(15)	15		
11:00-11:45			I,II,III	(15)	15		
12:00-12:45			I,II,III	(15)	15		
Mon/Wed		1:00- 1:45	I,II,III	(15)	6	\$35.50	\$30.50
		2:00- 2:45	I,II,III	(15)	6	\$35.50	\$30.50
Mon/Wed (eve)		6:15- 7:00	I,II	(15)	6	\$35.50	\$30.50
		7:30- 8:15	I,II,III	(15)	6		
Tues/Thurs(eve)		6:15- 7:00	I,II	(15)	6	\$35.50	\$35.50
		7:30- 8:15	I,II,III	(15)	6		
LEVEL V	Mon through Fri	9:00- 9:45	I,II,III	(15)	15	\$52.50	\$49.50
		10:00- 10:45	I,II,III	(08)	15		
		11:00-11:45	I,II,III	(15)	15		
	Mon/Wed	1:00- 1:45	I,II,III	(15)	6	\$35.50	\$30.50
		2:00- 2:45	I,II,III	(15)	6		
	Mon/Wed (eve)	6:15- 7:00	III	(15)	6	\$35.50	\$30.50
LEVEL VI Endurance Swimmer	Mon through Fri	12:00-12:45	I,II,III	(8)	15	\$52.50	\$49.50
	Mon/Wed (eve)	6:15- 7:00	III	(8)	6	\$35.50	\$30.50
	Tues/Thurs(eve)	6:15- 7:00	III	(8)	6	\$35.50	\$35.50
Personal Water Safety	Mon through Fri	12:00-12:45	I,II,III	(8)	15	\$52.50	\$49.50
	Mon/Wed (eve)	6:15- 7:00	III	(8)	6	\$35.50	\$30.50
	Tues/Thurs(eve)	6:15- 7:00	III	(8)	6	\$35.50	\$35.50
Fundamentals Of Diving	Mon through Fri	12:00-12:45	I,II,III	(8)	15	\$52.50	\$49.50
	Mon/Wed (eve)	6:15- 7:00	III	(8)	6	\$35.50	\$30.50
	Tues/Thurs(eve)	6:15- 7:00	III	(8)	6	\$35.50	\$35.50

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BASIC WATER RECUE	Mon/Wed (eve)	7:45- 8:45	III	(10)	6	\$46.00	\$39.00
	Tues/Thurs(eve)	7:45- 8:45	III	(10)	6	\$46.00	\$46.00
ADULT SWIM LESSONS	Mon/Wed (eve)	8:00- 8:45	I,II,III	(08)	6	\$35.50	\$30.50
	Tues/Thurs(eve)	8:00- 8:45	I,II,III	(08)	6	\$35.50	\$35.50
LIFEGUARD TRAINING	See Pool Coordinator						
ADAPTIVE	Tues/Thurs	12:30- 1:00	I,II,III	(06)	6	\$30.50	\$30.50

**\*\*Session II cost has been adjusted for the class time missed on Wednesday 7/4/2012.**

**\*\*Please note the increase in class cost is due to American Red Cross imposed Authorized Provider fees.**