

***See pool management for group rates during public swim hours**

The pool management is planning to host special recognition days when pool discounts may be offered- look for these dates and times throughout the summer.

SWIM LESSONS

The latest information and teaching techniques from certified Red Cross instructors are used for swim lessons. Registration will be on Tues-Wed., June 1-2 from 4-7:30 PM at the Civic Center. After Wednesday, registration will take place at the pool starting on weekdays from 9:00-12:30 pm

Registration is on a first-come, first-serve basis and participants may only register for one session at a time. If your child has been in swimming lessons before, please bring the card from his/her last class to properly sign them up for his/her next class. If there is a question as to what level your child should be in, please check with pool management for the class records.

Parents, guardians, and/registered daycare, and/or home-care representatives must register their children. It is permissible for one family to sign up members of one other family; provided there is a signed permission slip from the family not in attendance.

Class sizes are limited to ensure quality learning in a safe environment. Lessons will run in two-week sessions. IPAP classes, Tadpole, and levels 1 through 4.5 will be 30 minutes per session. Levels 5 and 6 will be 45 minutes long.

Polywog classes will be offered on the off weeks of our general swim sessions. These classes will run for 5 days, and each class will be for 45 minutes. Children in Polywog classes must be 3 years old to attend.

Parents are encouraged to come and watch lessons. Parents will be asked to sit back from the edge of the pool. In some instances, parents may be asked to relocate as to not become a distraction to your child.

Make checks payable to the City of Lewistown. Refund requests must be submitted in writing and include reason for request, student involved, receipt number, date, address, and telephone number.

LESSON TIMES AND FEES

Lesson fees are as follows:

\$ 30.00 for all (IPAP), 6 months to 3 years of age (must be accompanied by a parent)

\$35.00 Tadpole, and levels 1 – 4 Monday through Friday/ 30 minutes per lesson

\$40.00 for levels 5 and 6 Monday through Friday/ 45 minutes per lesson

Session dates are: June 17-28, July 8-19, and July 29- August 9

Polywog (3and 4 year olds) will be \$30.00 Monday – Friday for 45 minutes.

Lifeguard Training Classes and Water Safety Instructor Courses will be held. Fee for the course for Lewistown Aquatic Center employees will be paid for by the City and will be taught by Mary Kepler (certified Red Cross Life Guard trainer). Participants must be at least 15 years of age to enroll. It is open to all interested students and adults. The purpose of the American Red Cross Lifeguarding course is to provide entry level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Each participant will receive more detailed information about location and time when enrollment has been received. Lifeguards who need to renew their certification must attend some of the skills and classroom sessions. Questions: call: Mary Kepler at 535-8283.

DAILY SWIM LESSON SCHEDULE

Price: \$35.00 per session

Lessons are held Monday thru Friday of each session time. If a lesson is cancelled you will be notified by phone/radio the morning of the lesson. Make-up lessons will be made up the following week. Minimum attendance will be 4 per class

Session 1 (June 14-25) *combo classes with half level

<u>Level</u>	Mommy/Daddy and Me	free	(5-6 pm -no instructor)
Tadpole	12:00-12:30 p.m.		12:30-1:00 p.m.
Tadpole	11:00-11:30 a.m.		11:30-12:00 p.m.
Level 1	10:00-10:30 a.m.		11:00-11:30 a.m.
Level 1 ½	12:00-12:30 a.m.		12:30-1:00 p.m.*
Level 2	10:00-10:30 a.m.		11:30-12:00 p.m.
Level 2	10:30-11:00 a.m.*		11:00-11:30 a.m.
Level 2 ½	12:00-12:30 p.m.		12:30-1:00 p.m.*
Level 3&3 ½	10:30-11:00 a.m.*		11:30-12:00 p.m.*
Level 4&4 1/2	10:00-10:30 a.m.*		
Level 5&6	10:00-10:45 a.m. (\$40.00)		
IPAP	1:00-1:30 pm		

Session 2 (July 5-16) same prices and information as Session 1

<u>Level</u>	<u>Time(s)</u>	
Tadpole	11:00-11:30 am	11:30-12:00 pm
Tadpole	12:00-12:30 p.m.	12:30-1:00 p.m.
Level 1	10:00-10:30 a.m.	11:30-12:00 p.m.
Level 1 ½	12:00-12:30 p.m.	12:30-1:00 p.m.
Level 2	10:00-10:30 a.m.	11:30-12:00 p.m.
Level 2	10:30-11:00 a.m.*	11:00-11:30 a.m.*
Level 2 ½	12:00-12:30 p.m.	12:30-1:00 p.m.
Level 3&3 ½	10:30-11:00 a.m.*	11:30-12:00 p.m.*
Level 4&4 ½	10:00-10:30 a.m.*	
Level 5&6	10:00-10:45 a.m.(\$40.00)	
IPAP	1:00-1:30 p.m.	

Preschool Polywog and young Tadpole Classes

We will be initiating this approach again to teaching our young children on how to be safe in/around water in a more comfortable environment. These levels are designed as a bridge from IPAP to Level 1.

June 28-July 2 Tadpole 10-10:45 am Polywog 11-11:45am Polywog 12:00-12:45 pm

July 19-23 and July 26-30 Polywog 11-11:45 am Polywog 12:00-12:45 pm

Ages: 3-5 years

Price: \$30:00

Goals: Following directions in a pool setting

Explore the pool facility

Gain comfort while moving through water

Understanding of basic pool rules to be water smart

How to enter and exit the pool safely

Introduction to breath control

*These will be the only Polywog times available for the summer

Small Wonder/Fox Den Daycares will be contacted by Pool Staff for registration - session will be July 19-30.

POOL POLICY ON PRIVATE LESSONS:

Will be running through Aquatic Center office-contact pool management for more information.

POOL RULES

Local pool rules are posted and can be checked at the office. Some of these rules include: Swimming suits are required for using the pool for health and safety reasons. Water wings are not allowed in the pool and life jackets (must be coast guard approved) may only be worn in the shallow end. Other flotation devices are only allowed during family nights. **Children under 6 must be accompanied by an adult in the pool area or must have a signed standard release form stating who the sitter is in charge of their children.**

Our staff will continue to train throughout the summer. Periodically, we will stage emergency training sessions during public swim time. Training is a combination of swimming, lifesaving, and prevention skills, CPR / AED training, and First Aid Training. Staff will also have a training sessions with our local EMT Personnel. **SAFETY AT OUR POOL COMES FIRST!**

Our management team is confident that our returning guards, new recruits, and staff in the ticket booth and shack will make this another incredible, fun, and safe summer at the pool.

Many fun events, once again will be scheduled at the pool this summer. For more information or questions about the pool contact Jim Daniels at the Civic Center or 535-3045 or 366-2320.