



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 Click on CREW

Lodi Fall I 2019 Swim Lessons: Sunday, Monday, Wednesday: Weeks of Sept 8-Oct 16 Saturday: Weeks of Sept 21-Oct 26

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

- 9:05-9:35 am Sat 4:10-4:40 pm Sun
 5:30-6:00 pm Mon 6:05-6:35 pm Mon 5:30-6:00 pm Wed 6:05-6:35 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

- 3:00-3:30 pm Sun 3:35-4:05 pm Sun 5:30-6:00 pm Mon 5:30-6:00 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

- 9:40 – 10:10 am Sat 6:05-6:35 pm Mon 6:05-6:35 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: 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.

- 3:00-3:45 pm Sun 6:40-7:25 pm Mon 6:40-7:25 pm Wed

Youth Classes – Age 6 & Over Level 3, 4 & 5

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

- 3:50-4:35 pm Sun 6:40-7:25 pm Mon 6:40-7:25 pm Wed

Payment (per session): (Mon/Wed Classes)

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

Registration Fills Fast!

Don't Delay!

**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.

Fall I 2019 Swim Lessons

Questions call:
(608) 592-1076

Drop off to:
Pool Lobby

Mail to:
CREW
Attn: Heidi Endres
115 School St
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 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): _____

- 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