



# 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 Fall II 2019 Swim Lessons:

**Sundays: Oct 27, Nov 3, 10, 17, Dec 1, 8 (no class: Nov 24)**

**Mondays: Oct 28, Nov 4, 11, 18, Dec 1, 9 (no class: Nov 25)**

**Wednesdays: Oct 30, Nov 6, 13, 20, Dec 4, 11 (no class Nov 27)**

#### 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

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

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

3:35-4:20 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

4:10-4:55 pm Sun  4:25-5:10 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](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): \_\_\_\_\_

- 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