



# C. R. E. W. Community Resource Enrichment Wellness

Mail to Lodi CREW, Attn: Heidi Endres; 115 School St; Lodi, WI 53555

Or Register On-line! [www.lodi.k12.wi.us](http://www.lodi.k12.wi.us) Click on CREW

## Winter II 2021 Swim Lessons: Saturdays: February 20 – March 27 Sundays: February 21-March 28

Due to COVID lessons will be structured differently. Classes will be a maximum of 3 students. Our Instructors will be instructing from the deck or demoing in the water 6' away from participants. Please note by classes where a parent or adult will need to assist their child in the water as well.

Do not enter the building until it is time for your class to start. All participants must wear a mask until entering water. **Mandatory video and liability will be required to complete. See website for links and form.** Parents will need to drop off child then leave the building unless they are assisting child in the water. Come changed as locker rooms will be closed. Bring a water bottle if need as our bubblers are not in use. **Mask must be worn in the building.**

### Saturday: February 20-March 27

Class Options & Times:

Preschool Level 1 & 2 (ages 3-5): 8:00-8:30 am

Preschool Level 3 (ages 3-5): 8:35-9:05 am

Learn to Swim Level 1 & 2 (ages 6 & older): 8:00-8:30 am

Learn to Swim Level 3 & 4 (ages 6 & older): 8:35-9:05 am

### Sunday: February 21-March 28

Class Options & Times:

Preschool Level 1 & 2 (ages 3-5): 3:00-3:30 pm

Preschool Level 1 & 2 (ages 3-5): 3:15-3:45 pm

Preschool Level 3 (ages 3-5): 3:35-4:05 pm

Preschool Level 3 (ages 3-5): 3:50-4:20 pm

Preschool Level 3 (ages 3-5): 4:25-4:55 pm

Learn to Swim Level 1 (ages 6 & older) 4:10-4:40 pm

Learn to Swim Level 1 & 2 (ages 6 & older) 4:10-4:40 pm

Learn to Swim Level 2 (ages 6 & older) 3:00-3:30 pm

Learn to Swim Level 3 & 4 (ages 6 & older) 3:15-3:45 pm

Learn to Swim Level 3 & 4 (ages 6 & older) 3:35-4:05 pm

Learn to Swim Level 4-5 (ages 6 & older) 3:50-4:20 pm

Learn to Swim Level 4-5 (ages 6 & older) 4:25-4:55 pm

### **Payment (per person):**

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

For Swim Level Descriptions, please see the back!

If pool is closed for any reason (mechanical failure, COVID or weather related)

lessons will not be rescheduled nor refunded

**Minimum amount of participants are required to hold classes!**

**C.R.E.W.**

**Winter II 2021 Swim Lessons**

Questions call:  
(608) 592-1076

Drop off to:  
Pool Lobby

Mail to:  
CREW  
Attn: Heidi Endres  
115 School St  
Lodi WI 53555

By this Waiver, I assume any risk, and take full responsibility and waive any claims of personal injury, death or damage to personal property associated with **Lodi School District Recreation and Education Program** activities and events organized by **The School District of Lodi**.

I understand and confirm that by signing this WAIVER AND RELEASE I have given up considerable future legal rights. I have signed this Agreement freely, voluntarily, under no duress. My signature is proof of my intention to execute a complete and unconditional WAIVER AND RELEASE of all liability to the full extent of the law. I also grant permission for CREW to post photos on social media and the website. I am 18 year of age or older and mentally competent to enter into this waiver.

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)
- Resident/Non-Resident w/Pass \$40
- Cash (drop off only) (can register on-line too!)
- Resident w/o Pass \$50
- Non-Resident w/o Pass \$60

## **Preschool Level Swimming:**

**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

**Level 2:** Swimming using combined arm and leg actions on front, rolling to back floating for 5 seconds, rolling to front continuing to swim

**Level 3:** Swimming using combined arm and leg actions on front, rolling to back floating for 15 seconds, rolling to front continuing to swim

## **Youth Level Swimming:**

**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.

**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