

SWIMMING POOL



Pool Opens: Monday, June 13

Pool Closes: Friday, August 12

Pool closed July 4 and 5

HOURS OF OPERATION

Pool Phone Number: 483-3577

Monday-Friday..... 1-5:00 p.m.

Saturdays & Sundays..... Closed

POOL BEHAVIOR: Our goal is to have a safe - family atmosphere at the pool, therefore, we expect the behavior of swimmers to be acceptable and for them to follow the pool rules. First offense – warning, Second offense – 1 day no swimming, 3rd offense – 1 week no swimming, 4th offense – no swimming the rest of the season. Depending upon the severity of the offense, the sequence of steps listed above can be skipped.



BIRTHDAY/POOL PARTIES: The pool can be rented for 2 hours 2 lifeguards \$100 anytime when normal pool hours are not in effect. There is a charge of \$25/extra lifeguard past 2. Please notify us 2 weeks in advance. Call for details. No food is allowed in the pool area for parties.

DAILY COSTS

Student & Adult.....\$4

Kiddie Pool.....\$1

SEASON TICKETS

Single\$80

Family\$130

Please contact Stephanie Schenck at REACH 483-3145 for **tuition assistance by June 16.**

SEASON PASSES AND PASSBOOKS WILL BE AVAILABLE FOR SALE AT THE POOL WHEN IT OPENS.

ALL SWIMMERS MUST BE 7 YEARS OR OLDER TO COME TO THE POOL ALONE.

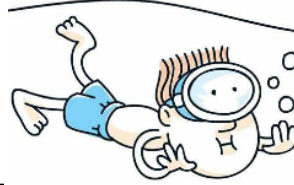
Swimmers who are 6 years & younger need to be accompanied by anyone age 14 or older who will be in the water with them.

SWIMMING LESSONS

Two sessions of 10 swimming lessons will be offered this year. The sessions, times, and fees are listed below. Please register on-line at the Hawley Public School web-site or you may **return the registration sheet to Hawley Community Education** as soon as you know the session you wish to attend. There is a maximum number of students per class, so get your registration forms in early. All registration should be completed by **Friday, May 13. Please register for 1 session/child and give others a chance until May 13 to register for a second session, if that is of interest to you. There will be a limit of 30 swimmers/level/session.**

1

Level 1: Water Exploration



The student will become oriented to the aquatic environment and create a sound foundation for aquatic and safety skills. The course content includes supported floating and kicking on front and back. Alternating arm action. Water safety rules. How to get help in an emergency. Reaching assists without equipment. Fundamentals of using a life jacket. **The student must be able to be unaccompanied in the water to take Level 1.** Students should also be the age of 4 before the class starts.

2

Level 2: Fundamental Aquatic Skills

Students will expand on fundamental aquatic locomotion and safety skills. The course content includes floating and kicking on front and back, rhythmic breathing; combined stroke on front and back; turning over front to back, back to front; reaching and extension assists, and familiarity with rescue breathing.

3

Level 3: Stroke Readiness

The purpose of this level is to increase swimming skill competency and practice safety and rescue skills. The course content includes fundamentals of elementary backstroke; jumping into deep water with a life jacket; diving from the side of the pool; treading water; self-rescue skills; and rescue breathing.

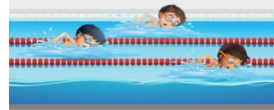
4

Level 4: Stroke Development

This level will develop confidence and competency in strokes and safety skills beyond preceding levels and introduction of the breaststroke and sidestroke. The course content includes deep water bobbing; dives from the side of the pool from stride and standing positions; breaststroke and sidestroke; turns at the wall; and familiarity with CPR.

5

Level 5: Stroke Refinement



The purpose is to continue refinement of front crawl, back crawl, elementary backstroke, breaststroke, and sidestroke and the introduction of the butterfly, and surface dives. The course content includes alternate breathing; swimming underwater; butterfly; open turns on the front and back; driving safety, and beginning diving progression.

6

Level 6: Swimming Skill Proficiency

The objective of Level Six is to polish strokes so students swim with more ease, efficiency, power, and smoothness over greater distances. The course content includes incorporating learn-to-swim skills and activities into lifetime fitness, in-water rescue techniques utilizing equipment; conditioning principles; and review basic water-safety skills.



Level 1	Water Exploration	12:00-12:30 p.m
Level 2.....	Primary Aquatic Skills.....	11:30-12:00 noon
Level 3.....	Stroke Readiness.....	11:00-11:30 a.m.
Level 4.....	Stroke Development.....	10:15-11:00 a.m.
Level 5.....	Stroke Refinement.....	10:15-11:00 a.m.
Level 6.....	Swimming Skill Proficiency.....	9:30-10:15 a.m.
Lifesaving.....		we will set up

Lifesaving and WSI training here in Hawley with a time to be determined. Offered to ages 15 and up.

Fees & Sessions

FEES FOR LESSONS

Levels 1-3: \$40 /child/session

Levels 4-5: \$40 /child/session

Levels 6A & 6B: \$40 /child/session

LESSON SESSIONS

Session I: June 20-23, 27-30, July 6, 7

Session II: July 11-14, 18-21, 25, 26

Please contact Stephanie Schenck at REACH 483-3145 for **tuition assistance**, by Thursday, June 16

Note: Please enroll on-line on the Hawley school website: www.hawley.k12.mn.us /community education tab. Thank you.

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(Return this portion to Community Education by **Friday, May 13** if you are not registering on-line)

If you have questions, call the Hawley Pool 483-3577 once the pool opens **June 13** or Kara Hansen: khansen@hawley.k12.mn.us or Addie Harms: aharms@hawley.k12.mn.us b/4 June 13.

Name _____ Age _____ Phone # _____

Levels offered (please circle):

Water Exploration Primary Aquatic Skills Stroke Readiness Stroke Development

Stroke Refinement Swimming Skill Proficiency

Session preferred: _____