

## VERONA AREA NATATORIUM- WINTER 2016

A Community Facility for Residents and Non-Residents, owned and operated by the Verona Area School District

845-4635    [www.verona.k12.wi.us](http://www.verona.k12.wi.us)

400B North Main Street

Verona, WI 53711

Angie Lucas - Director (845-4632)    [Angie.Lucas@verona.k12.wi.us](mailto:Angie.Lucas@verona.k12.wi.us)

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### Natatorium Swimming Fees and Membership Information

#### Daily Fees

<u>Resident Youth - \$ 1.00</u>	<u>Non-Resident Youth - \$2.00</u>
Resident Adult - \$ 2.00	Non-Resident Adult - \$3.00

#### Monthly Membership Fee

Resident - \$20.00	Non Resident - \$35.00
Family - \$35.00	Family \$45.00

#### Spring Semester (January 18 -June 12, 2016)

<u>School District Resident</u>	<u>Non-School District</u>
Individual - \$50.00	Individual - \$80.00
Family - \$80.00	Family - \$110.00

#### Annual Pass (Begin on date of Purchase)

<u>School District Resident</u>	<u>Non-School District</u>
Individual - \$110.00	Individual - \$160.00
Family - \$170.00	Family - \$230.00

### Pool Rentals & Rates

Please make reservations at least two weeks in advance. To make a reservation, call Angie Lucas at 845-4632. The Natatorium rental rates are charged to cover lifeguard and custodial services and facility use costs. The pool will not be rented for fundraising or profit making ventures. The Natatorium Director has the sole discretion to approve rentals. Pool Rules must be followed. The fee is required at the time of arrival. Adult supervision is required for all groups of children.

Number of Users in Group	Hourly Rate
1 - 30 Swimmers	\$45.00/hour
31- 50 Swimmers	\$55.00/hour
51- 75 Swimmers	\$66.00/hour
76 - 100 Swimmers	\$85.00/hour

Cost for rentals for Non-Residents will be double the fees listed above.

#### Financial Assistance:

There is limited financial assistance for School -age School District residents available through a recreation scholarship fund established with the Verona Area Education Foundation. Requests for assistance must be for current resident school age youth. Please contact the Natatorium Director at 845-4632 or [lucasa@verona.k12.wi.us](mailto:lucasa@verona.k12.wi.us) before registering your child to see if they qualify VASD residents are invited to enclose a separate check in any amount made payable to the Verona Area Education Foundation to assist with recreation scholarships for VASD students requesting assistance.

#### Youth Lap Swim

Swimmers under the age of 18 are welcome to swim laps during open swim. A lap lane will be provided during all open times unless the pool becomes crowded.

#### Adult Lap Swim

Adult Lap Swim is open to anyone 18 years of age or older. Circle swimming is encouraged during peak times. Please refer to the pool schedule for specific lap times. Swimmers under the age of 18 are welcome to swim laps during Open Swim times.

**Groups**

Groups are welcome to attend Open Swim. Please call in advance so we are aware that you wish to come. Groups over 12 swimmers are asked to rent the pool at a time other than Open Swim.

**Open Swim**

Everyone is welcome to attend open swim. Children, 8 years of age and older may attend Open Swim without an adult. Children under the age of 8 must have a responsible person (15 or older) in the water with them at all times. Floatation devices are not allowed during Open Swim. One lap lane will be provided during Open Swim unless the pool is crowded.

**Family Swim**

Family Swim is designed as a time for families to swim together. All children must have an adult in the water with them at all times. Families are welcome to bring pool toys with them to family swim. Water wings, floating rings and air mattresses will not be allowed. A lap lane will be provided during Family Swim unless the pool is crowded.

**Children in Locker Rooms**

Girls that are 5 years of age/and entering kindergarten or older must use the woman's locker room to change. Boys that are 5 years of age/and entering kindergarten or old must use the men's locker room to change. If your child requires a special changing area, please contact the office.

**Swim Diapers**

Only Swim Diapers (cloth or disposable) will be allowed for all non-toilet-trained children

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**Adult & Teen Swim Lessons**

Do you need to learn the basics of swimming? Are you an o.k. swimmer, but want to improve your strokes? Do you feel you could gain more benefits from swimming if someone could give you advice in "tweaking" your stroke. If you answered YES to any of these questions, then adult lessons is the class for you this fall.

Session B February 8 - March 14, 2016 Day & Time: Monday 7:30 -8:10PM  
Fees: \$33.00 VASD Resident \$50.00 Non-Resident  
Minimum - 5 Maximum 10

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**Water Exercise**

Water exercise classes are offered on weeknights throughout the year on Mondays and Wednesdays. Classes include a combination of muscle building exercises, aerobics, water resistance exercises, and stretching. Participants do not need to know how to swim. Please call 845-4635 for more information or just drop in

**Monday & Wednesday Classes are from 5:30-6:30PM**

Class Dates are:

January 4, 6, 11, 13, 18, 20, 25, 27, February 1, 3, 8, 10, 15, 17, 22, 24, 29  
March 2, 7, 9, 14, 16, 11, 23, April 4, 6, 11, 13, 20, 25, 27  
May 2, 4, 9, 11, 16, 18, 23, 25, June 1

Drop-in Fee Resident \$3.00 Non-Resident \$ 4.00

**Senior Water Exercise**

A Water Exercise classes for adults age 62 and older are offered throughout the School Year. Participants can attend on a drop-in basis or enroll for entire session. Please call 845-4635 for more information. No Swimming Skills are required.

**Session C** - Classes will be held on Mondays, Wednesday, and Friday from 2:15-3:00 PM.

January 4, 6, 8, (No class Jan. 11), 13, 15, (No class Jan. 18 & 20), 22, 25, 27, 29,  
February 1, 3, (no class Feb. 5) 8, 10, 12 (No Class Feb. 15), 17, 19, 22, 24

**Session D** - Classes will be held on Mon. and Wed. Time to be determined most likely 2:30-3:15 PM.

Feb 24 (No Class Feb 26), 29, March 2, 7, 9, 14, 16, 21, 23, (No class March 25 - April 1) April 4, 6, 11, 13, (no class April 18) 20

**Session E** - Classes will be held on Mon. and Wed. Time will be determined once the school schedule is known.

Session E - April 22, 27, 29, May 4, 6, 11, 13, 18, 20, 23, 25, 27, June 1, 3,

Session Fees: Drop-In  
\$1.00 Resident  
\$2.00 Non-Resident

## Masters Swim Program

The Master Swim Program is an organized coach program for Adults. Practice sessions will consist of stroke technique and development of all four racing strokes, starts, and turns. The program will also focus on developing general fitness, endurance and speed.

Anyone looking for any or all of the following should consider the program: general higher level of fitness, competition, triathlon and open water swimming. The program runs Monday and Wednesday evenings from 8-9 PM. Registration will not be taken over the phone, payment must accompany registration to hold spot in class.

### Classes will be offered on Monday and Wednesday Evenings from 8:00-9:00PM

#### Session C

January 4, 6, 11, 13, 18, 20, 25, 27

February 1, 3, 8, 10, 15, 17, 22, 24, 29

March 2, 7, 9, 14

Session C Fees: \$105.00 VASD Resident                      \$125.00 Non-Resident

#### Session D

March 16, 21, 23,

April 4, 6, 11, 13, 18, 20, 25, 27

May 2, 4, 9, 11, 16, 18, 23, 25

June 1, 6

Session D Fees: \$105.00 VASD Resident                      \$125.00 Non-Resident

## SBR-Personal Best Swim Practices

The Coaches at SBR take a scientific approach to coaching and training for swimming. We believe in providing knowledge, motivation, confidence and support for athletes who want to improve his/her athletic abilities. Swimming is much like golf, it's all about proper technique and efficiency to complete the skill well and injury free.

We want to encourage any/all levels to join us. Trust us, at any level, you will get the workout and attention you need. We will be on deck working with each of you individually as you complete a swim workout to help you reach your potential. You will learn the basics of swimming, how to improve your skills and become a solid, powerful and efficient swimmer.

This will be a great class for you if you have only spent 10 hours in the pool, or swim 10 hours per week swimming. The goal is for each swimmer to get the most out any time spent in the pool. Confidence is built with having proper attention from a coach, and workouts to help you reach new levels.

### Class will be offered on Tuesday & Thursdays Mornings from 6:00-7:00AM

#### Session 2: Focus on a "Base" phase with high yardage practices

January 5, 7, 12, 14, 19, 21, 26, 28

Feb. 2, 4, 9, 11, 16, 18, 23, 25

March 1, 3, 8, 10

Session 2 Fees: \$100.00 VASD Resident                      \$120.00 Non-Resident

#### Session 3: Focus on a season prep phase, with threshold intervals at race pace.

March 15, 17, 22, 24

April 5, 7, 12, 14, 19, 21, 26, 28

May 3, 5, 10, 12, 17, 19, 24, 26, 31

Session 3 Fees: \$100.00 VASD Resident                      \$120.00 Non-Resident

### Winter 2016 Community Swim Class Information

Registration for All Swimming classes will be accepted by mail. Those individuals interested in the Preschool and Youth Swimming lessons may register on the following dates. Participants for the Adult Programs may sign up immediately.

**MAIL-IN:** To mail in a registration form, complete the form found with the swimming lesson information in this program guide. Please mail the completed form with payment (Checks should be made out to VASD), to the Verona Area Natatorium, 400B N. Main Street, Verona, WI 53593.

Registration Begins on  
Tuesday, January 19, 2016 for Verona Area School District Residents and for  
Non-Residents on Thursday January 21, 2016

Questions about Lessons? Call 845-4635, or email: [angie.lucas@verona.k12.wi.us](mailto:angie.lucas@verona.k12.wi.us), or [patti.heuser@verona.k12.wi.us](mailto:patti.heuser@verona.k12.wi.us)  
Web Site: [www.verona.k12.wi.us](http://www.verona.k12.wi.us) Click on Community Links

Lessons are filled on a "first-come, First-serve" basis. All classes have limited space available, so register early. If your desired class is full you will be notified via phone or mail. Please note that registrations will not be accepted over the phone. Class confirmations will not be sent out to those participants who receive their first choice - please take note of the classes

Each child may register for ONE swim (Parent-Tot-Level 7) class at a time. Participants may sign up for a swim lesson and Logrolling or Junior Lifeguarding during the same session. Once they have completed their first session you may register them for openings in other sessions. Please complete a separate registration form and check for each participant. Additional registration forms are available at the Natatorium and the Verona Public Library.

#### Age Pre-Requisites:

Your child must be six months of age to participate in Parent-Tot, turning four years of age within the session to participate in Pre-school 1, 2 & 3, and turning 5 years of age within the session to participate in Level 1 - Level 6.

#### Locker Room Policy:

All girls that are 5 years of age/ and entering kindergarten or older must use the woman's locker room to change. All boys that are 5 years of age/and entering kindergarten or older must use the men's locker room to change. If desired, a unisex changing room is available, please contact to office for information

#### Refund Policy

Full Refunds will be given if the Natatorium cancels a class. A prorated refund will be given only if severe illness or injury prevents participation. (See Natatorium Director)

#### Waiting Lists/Cancellations:

When a class is full, a waiting list will be established. If an opening occurs, those people who have requested to be placed on a waiting list will be contacted. People on the waiting list may not attend class unless they have been notified that an opening is available.

#### Program Cancellations

All classes must have a minimum number of students. The Natatorium reserves the right to cancel, combine, or make schedule revisions as necessary.

#### Missed Lessons:

Occasionally, students may need to miss a lesson. There are no make-up classes available for missed lessons.

**Lesson Rates:** Youth and Preschool VASD Resident Session Fee - \$30.00  
Non- Resident Session Fee - \$47.00

Session B: February 7 - March 13, 2016	
Sundays	
Time	Time
5:00-5:25 PM	Preschool 1 Parent/Child
5:00-5:40 PM	Level 2 Level 4B
5:30-5:55 PM	Preschool 2 Level 1
5:45-6:25PM	Level 3, Level 4A
6:00-6:25 PM	Preschool 1
6:00-6:40PM	Level 2
6:30-7:10 PM	Level 1, Level 6A

Session C: February 8 - March 14, 2016	
Mondays	
Time	Time
6:30-6:55PM	Preschool 1 Parent/Child
6:30-7:10PM	Level 3, Level 4A
7:00-7:25PM	Preschool 2, Level 1
7:15-7:55PM	Level 2, Level 4B
7:30-8:10PM	Adult Lessons

Session D: February 10 - March 16, 2016	
Wednesdays	
Time	Classes Offered
5:30-5:55PM	Level 1, Preschool 1
6:00-6:25PM	Preschool 2
6:00-6:40PM	Level 2
6:30-6:55PM	Parent/Child
6:30-7:10PM	Level 2, Level 3
6:45-7:25PM	Level 3
7:00-7:25PM	Level 1
7:15-7:55PM	Level 4A, Level 4B
7:30-7:55PM	Preschool 1
7:30-8:10PM	Level 2
8:00-8:40PM	Level 5

Session E: February 13 - March 19, 2016	
Saturdays	
Time	Classes Offered
9:00-9:25AM	Parent/Child, Level 1
9:00-9:40AM	Level 4B, Level 5
9:30-9:55AM	Preschool 1 Level 1
9:45-10:25AM	Level 2, Level 3
10:00-10:25AM	Preschool 2, Preschool 3
10:30-10:55AM	Level 1
10:30-11:10AM	Level 4A, Level 6B
11:15-11:55AM	Level 2, Level 3, Level 4B

Each child may register for ONE swim (Parent-Tot-Level 7) class at a time.

Session F: April 10 - May 15, 2016	
Sundays	
Time	Classes Offered
5:00-5:25 PM	Preschool 2 Parent/Child
5:00-5:40 PM	Level 3, Level 4A
5:30-5:55 PM	Preschool 1 Level 1
5:45-6:25PM	Level 2 Level 4A
6:00-6:25 PM	Preschool 1
6:00-6:40PM	Level 2
6:30-7:10 PM	Level 5, Stroke Clinic

Session G: April 13 - May 18, 2016	
Wednesdays	
Time	Classes Offered
5:30-5:55PM	Level 1 Preschool 2
6:00-6:25PM	Preschool 1
6:00-6:40PM	Level 2
6:30-6:55PM	Parent/Child
6:30-7:10PM	Level 2, Level 3
6:45-7:25PM	Level 3
7:00-7:25PM	Level 1
7:15-7:55PM	Level 4A Level 4B
7:30-7:55PM	Preschool 1
8:00-8:40PM	Level 5, Level 6B

Session H: April 16 - May 21, 2016	
Saturdays	
Time	Classes Offered
9:00-9:25AM	Parent/Child, Level 1
9:00-9:40AM	Level 4B, Level 5
9:30-9:55AM	Preschool 2, Preschool 3
9:45-10:25AM	Level 2, Level 3
10:00-10:25AM	Preschool 1, Level 1
10:30-10:55AM	Level 1
10:30-11:10AM	Level 4A, Level 6A
11:00-11:55AM	Preschool 1
11:15-11:55AM	Level 2, Level 3, Level 4B

No Membership necessary for Preschool & Youth Swimming Lessons.  
Youth and Preschool Lessons Fees are  
VASD Resident \$30.00, Non-Resident \$ 47.00

### Parent/Child Class Level

LEVEL	CLASS SIZE	PRE-REQUISITES	SKILLS TAUGHT IN CLASS
Parent/Child	15 Max	Ages 6m - 3 years  At least one adult must attend.	Holding and support techniques, safety cues, entering /exiting the water, water adjustment, submerging, submerging in a rhythmic pattern, breath control, exploring buoyancy on front & back, changing directions, gliding on front & back with assistance, swimming on front and back, wearing lifejackets & basic water safety. Socialization, enjoyment of the water and fun

### Preschool Swim Classes

LEVEL	CLASS SIZE	PRE-REQUISITES	SKILLS TAUGHT IN CLASS
Preschool 1	6 Max	Ages 4 & 5 w/o parent  No Previous Skills Needed	Enter & exit water safely, Breath control & submerging, bubble blowing, front glide & recovery, back glide & back float & recovery, changing directions, treading water arm & hand action, alternate & simultaneous arm and leg actions on front and back and personal & general water safety skills.
Preschool 2	6 Max	Ages 4 & 5 w/o parent  Prerequisite: Able to demonstrate all Preschool 1 skills.	Enter & exit water safely, breath control & submerging, bubble blowing, bobbing, retrieval of underwater objects, front glide, front float & recovery, back glide, back float & recovery, changing directions and positions, treading ( 5 sec) arm & leg actions in shallow water, combined arm and leg actions on front and back, finning arm actions on back, self help & water safety skills. Exit skills assessment.
Preschool 3	6 Max	Ages 4 & 5 w/o parent  Prerequisite: Able to demonstrate all Preschool 2 skills	Jumping in water safely, fully submerging & holding breath, bobbing with wall for support, front float, jellyfish float, tuck float & recovery, back glide, back float & recovery, changing directions and positions, treading in shoulder deep water (15 sec), combined arm and leg actions on front and back, finning arm actions on back, water safety skills. Exit skills assessment.

**Learn-to-Swim Youth Class Levels**

LEVELS	CLASS SIZE	PRE-REQUISITE	SKILLS TAUGHT IN CLASS
Level 1 Intro to Water Skills	8 Max	For Students Ages 5 & up  No skills required	Enter/exit the water safely, submerging, bubble blowing through mouth & nose, object recovery, front glide & recovery, back glide, back float and recovery, treading arm & leg actions, alternate & alternating arm and leg actions & combined stroke on front and back at least 2 body lengths each. Discuss & demonstrate water safety skills.
Level 2 Fundamental Aquatic Skills	8 Max	Students Ages 5 & up Able to demonstrate all Preschool 2 or Level 1 skills.	Jumping or stepping from the side, exit water safely, fully submerge, bobbing, object recovery, front float, tuck float, jellyfish float, front glide, front float or glide & recovery to standing, back glide, back float & recovery to standing, changing directions & body position, treading arm & leg actions in shoulder deep water, combined strokes on front & back for at least 5 body lengths, personal & water safety skills
Level 3 Stroke Development	8 Max	Able to demonstrate all preschool 3 or Level 2 skills.	Deep water skills, jumping into deep water from the side, sitting & kneeling dives, rotary breathing, bobbing while moving to safety, survival floating, back float in deep water. changing directions in deep water, treading water in deep water, dolphin kicking on front , 1 length front crawl, 1 length elementary backstroke, scissors kick, water safety skills.
Level 4A Stroke Improvement	8 Max	Able to demonstrate all Level 3 skills.	Deep water bobbing, buoyancy & floating positions in deep water, compact & standing dives, survival float, open turns on front & back, front crawl, elementary backstroke, back crawl, butterfly & sidestroke, general & personal safety.
Level 4B Stroke Improvement	10 Max	Able to demonstrate all Level 4A skills.	Front crawl elementary backstroke, back crawl, butterfly, breaststroke, sidestroke, open turns on front and back, pushing off in streamlined position, swimming underwater, feet first surface dives, treading water using different kicks, general & personal safety.
Level 5 Stroke Refinement	10 Max	Able to demonstrate all Level 4B skills.	Shallow-angle tuck surface dives, pike surface dives, front flip turns, back flip turns, treading water for 5 minutes, front crawl & elementary backstroke - 50 meters, breaststroke, butterfly, backstroke & sidestroke - 25 meters, sculling - 30 seconds, water safety.
Level 6A Swimming and Skills Proficiency	10 Max	Able to demonstrate all Level 5 skills.	Level 6A goal is to refine strokes so participants swim them with more ease, efficiency, power and smoothness and over greater distances. Front crawl & elementary backstroke - 100 meters, back crawl, breaststroke, sidestroke, and butterfly - 50 meters. Open turns and flip turns, HELP & Huddle positions, feet first & headfirst surface dives, back float, survival float, and survival swimming, treading water w/o arms, surface dives in 7-10 feet, water safety skills
Level 6B Fitness Swimmer	10 Max	Able to demonstrate all Level 5 skills.	Cooper 12-minute swim test at beginning & end of class, Front crawl & elementary backstroke - 100 meters, back crawl, breaststroke, sidestroke, and butterfly - 50 meters. Open turns and flip turns, circle swimming, using a pace clock, swimming using pull-buoys, fins & paddles, setting up an exercise program, various training techniques, target heart rates, and aquatic exercise

**Natatorium Swim Lesson Registration Form**

Please fill out and return this form with fees to the Natatorium, 400B N. Main Street, Verona, WI 53593. Make checks payable to **VASD**. Each individual may sign up for one youth or preschool lesson at a time. **Confirmations will not be sent to those participants who receive their first choice.**

Please list your first choice for lessons: (Please list a second choice if possible)

Participant First & Last Name	Age	Birth Date	Course Level	Session & Day	Time	Cost

Parent/ Guardian Name \_\_\_\_\_ Day phone \_\_\_\_\_

Address \_\_\_\_\_ City/Zip \_\_\_\_\_ Cell phone \_\_\_\_\_

Email Address: \_\_\_\_\_  
 \_\_\_\_\_ Resident of VASD      \_\_\_\_\_ Non-Resident

Additional Emergency Contact(s) \_\_\_\_\_ phone \_\_\_\_\_

Please list any Health concerns/special needs: \_\_\_\_\_

Date Received: _____	Payment Method: Cash   Check   Employee Initials: _____
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Please list your first choice for lessons: (Please list a second choice if possible)

Participant First & Last Name	Age	Birth Date	Course Level	Session & Day	Time	Cost

Parent/ Guardian Name \_\_\_\_\_ Day phone \_\_\_\_\_

Address \_\_\_\_\_ City/Zip \_\_\_\_\_ Cell phone \_\_\_\_\_

Email Address: \_\_\_\_\_  
 \_\_\_\_\_ Resident of VASD      \_\_\_\_\_ Non-Resident

Additional Emergency Contact(s) \_\_\_\_\_ phone \_\_\_\_\_

Please list any Health concerns/special needs: \_\_\_\_\_

Date Received: _____	Payment Method: Cash   Check   Employee Initials: _____
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Membership Expiration Date \_\_\_\_\_

NATATORIUM Winter 2016  
845-4635  
R – Resident \*\*\* NR – Non-Resident  
(Of the Verona Area School District)

<b>Natatorium Swimming Fees and Membership Information</b>	
<u>Daily Fees</u>	
<b>Resident Youth - \$ 1.00</b>	<b>Non-Resident Youth - \$2.00</b>
Resident Adult - \$ 2.00	Non-Resident Adult - \$3.00
<u>Monthly Membership Fee</u>	
Resident - \$20.00	Non Resident - \$35.00
Family - \$35.00	Family \$45.00
<u>Spring Semester (January 18 -June 12, 2016)</u>	
<u>School District Resident</u>	<u>Non-School District</u>
Individual - \$50.00	Individual - \$80.00
Family - \$80.00	Family - \$110.00
<u>Annual Pass (Begin on date of Purchase)</u>	
<u>School District Resident</u>	<u>Non-School District</u>
Individual - \$110.00	Individual - \$160.00
Family - \$170.00	Family - \$ 230.00

<u>LAST Name</u>	<u>FIRST Name</u>	<u>Birth date</u>
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____

Address: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

Email address: \_\_\_\_\_

**EMERGENCY** Contact:

Name: \_\_\_\_\_ Phone :( H) \_\_\_\_\_ (W) \_\_\_\_\_

Make checks payable to VASD (Verona Area School District) & drop off at or mail to:

**Verona Area Natatorium, 400B N. Main St., Verona, WI 53593**

Office Use: \_\_\_\_\_ Date: \_\_\_\_\_ Amount Paid: \_\_\_\_\_ Initials: \_\_\_\_\_

Date Membership cards issued \_\_\_\_\_

Date Received: \_\_\_\_\_ Payment Method: Cash Check Employee Initials: \_\_\_\_\_