

## POOL MEMBERSHIP FEES - Summer 2008

The pool passes available for purchase are for open, lap, preschool, and family swims and use of the whirlpool. The cost for residents is listed first; non-resident fees are listed second. The 10% discount for senior citizens does not apply to non-residents. Senior citizens are those 65 years of age and older. There is no charge for children under 2 years of age. Fees subject to change pending Board of Education approval.

**DAILY FEE:** For recreational swimming and/or use of whirlpool.

	<u>Resident</u>		<u>Non-Resident</u>
youth	\$1.50	youth	\$1.50
adult	\$3	adult	\$3
youth (punch card of 20)	\$26	youth (punch card of 20)	\$30
adult (punch card of 20)	\$52.50	adult (punch card of 20)	\$60
family swim	\$3 per family	family swim	\$6 per family

**WATER EXERCISE:** Fee listed is per class meeting.

	<u>Resident</u>		<u>Non-Resident</u>
teens and adults daily	\$2	teens and adults	\$2
teens/adults (punch card of 20)	\$32	teens/adults(punch card of 20)	\$40
sr. citizens	\$1.35	sr. citizens	\$1.35
sr. citizens (punch card of 20)	\$20	sr. citizens (punch card of 20)	\$27

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**YEARLY PASS:**

	<u>Resident</u>	<u>Non-Resident</u>
single	\$75	\$150
family	\$115	\$230

**MONTHLY PASS:**

	<u>Resident</u>	<u>Non-Resident</u>
single	\$18	\$36
family	\$25	\$50

**SCHOOL YEAR PASS:**

September 2, 2008 - June 13, 2009

	<u>Resident</u>	<u>Non-Resident</u>
single	\$60	\$120
family	\$90	\$180

**WINTER SEMESTER PASS:**

October 26, 2008 - March 28, 2009

	<u>Resident</u>	<u>Non-Resident</u>
single	\$40	\$80
family	\$55	\$110

**SCHOOL SEMESTER PASS:**

September 2, 2008 - December 31, 2008 or  
January 1, 2009 - June 13, 2009

	<u>Resident</u>	<u>Non-Resident</u>
single	\$40	\$80
family	\$55	\$110

**SUMMER PASS:**

June 15, 2008 - August 30, 2008

	<u>Resident</u>	<u>Non-Resident</u>
single	\$35	\$70
family	\$45	\$90

### **FREE FAMILY FLOAT NIGHT**

This activity is open to family groups who are residents of the Oregon School District. A minimum of one adult (age 18 or older) from each family must accompany the children in the pool. Families may bring air mattresses, inner tubes or their favorite inflatable pet with them to the pool. No water-wings please. Root beer floats will be served on the pool patio. There is no fee. To register for this activity, please call the pool at 835-8617 or stop in and sign up.

**Location** Oregon Pool                      **Time** 4:00pm - 5:30pm                      **Date** Sunday, July 27

### **AQUATIC SCHOOL 2008**

**WHAT:** Lifeguard class, Water Safety Instructor Class, Lifeguard Instructor class and CPR Pro Review  
**WHERE:** Oregon Pool, 249 Brook Street Oregon, WI 53575  
**WHEN:** May 19 - May 23, 2008  
 Registration will be taken at the American Red Cross, 4860 Sheboygan Avenue Madison, WI 53705 (608)233-9300  
 Look for more information coming out at the Oregon Pool in March.



American Red Cross - Badger Chapter

## OREGON POOL 2008 SWIM LESSON SCHEDULE - Daytime

These classes meet Monday through Friday for 2 weeks

Students must furnish their own suit and towel.

\$30 Infant/Toddler (\$40 for non-resident)  
 \$40 Older Teen/Adult (\$50 for non-resident)

\$20 Pre-Beginner through Level 6  
 \$30 Senior Citizen (\$40 for non-resident)

<u>SESSION 1</u>	<u>6/16-6/27</u>	<u>Mon-Fri</u>
8:00-8:50	Level 4A, Level 5	
8:10-8:40	Pre Beginner, Pre Intermediate	
8:40-9:20	Level 2A, Level 3B	
8:50-9:20	Pre Beginner, Pre Intermediate	
9:30-10:10	Level 1, Level 2A, Level 2B, Level 3A	
10:10-10:50	Level 1, Level 2A, Level 2B, Level 3A	
11:00-11:30	Pre Advanced	
11:00-11:40	Level 3B	
11:00-11:50	Level 4B, Level 6 Fitness or Diving	
11:30-12:00	Pre Intermediate	

<u>SESSION 2</u>	<u>7/7-7/18</u>	<u>Mon-Fri</u>
8:00-8:30	Pre Beginner, Pre Intermediate	
8:00-8:40	Level 1	
8:10-8:50	Level 2A	
8:30-9:20	Level 4A, Level 5	
8:40-9:20	Level 2B	
8:50-9:20	Pre Beginner	
9:30-10:10	Level 1, Level 2A, Level 3A, Level 3B	
10:10-10:50	Level 2A, Level 2B, Level 3A, Level 3B	
11:00-11:30	Pre Advanced	
11:00-11:40	Level 2B	
11:00-11:50	Level 4B, Logrolling	
11:30-12:00	Pre Intermediate	

<u>SESSION 3</u>	<u>7/21-8/1</u>	<u>Mon-Fri</u>
8:00-8:30	Pre Beginner	
8:00-8:40	Level 3B	
8:00-8:50	Level 4A, Level 5	
8:30-9:20	Level 6 Safety or Lifeguard	
8:40-9:20	Level 3A	
8:50-9:20	Pre Beginner, Pre Intermediate	
9:30-10:10	Level 1, Level 2A, Level 2B, Level 3B	
10:10-10:50	Level 1, Level 2A, Level 2B, Level 3A	
11:00-11:30	Pre Advanced	
11:00-11:40	Level 2A	
11:00-11:50	Level 4B, Logrolling	
11:30-12:00	Pre Intermediate	

<u>SESSION 4</u>	<u>8/4-8/15</u>	<u>Mon-Fri</u>
8:00-8:30	Pre Advanced	
8:10-8:40	Pre Intermediate	
8:10-8:50	Level 1, Level 3B	
8:30-9:20	Level 4A	
8:40-9:20	Level 3B	
8:50-9:20	Pre Beginner, Pre Intermediate	
9:30-10:10	Level 1, Level 2A, Level 2B, Level 3A	
10:10-10:50	Level 2A, Level 2B, Level 3A	
10:10-11:00	Logrolling	
11:00-11:30	Pre Beginner	
11:00-11:50	Level 4B, Logrolling	
11:10-11:50	Level 2B	
11:30-12:00	Pre Intermediate	

## OREGON POOL 2008 SWIM LESSON SCHEDULE - Evening

These classes meet twice a week for 5 weeks

<u>BI-WEEKLY</u>	<u>6/16-7/16</u>	<u>Mon &amp; Wed</u>
5:30-6:00	Pre Beginner, Pre Intermediate	
6:00-6:30	Infant/Toddler, Pre Advanced	
6:30-7:10	Level 2A, Level 2B	
7:10-7:50	Level 3A, Level 3B	
7:10-8:00	Level 4A	
7:50-8:40	Level 5	
8:00-8:50	Level 4B	

<u>BI-WEEKLY</u>	<u>6/17-7/17</u>	<u>Tue &amp; Thurs</u>
5:30-6:00	Pre Beginner, Pre Intermediate	
6:00-6:30	Infant/Toddler	
6:00-6:40	Level 1	
6:30-7:10	Level 2A	
6:40-7:20	Level 2B	
7:10-7:50	Level 3A	
7:20-8:00	Level 3B	
7:50-8:40	Level 4A, Level 4B	
8:00-8:50	Level 6 Safety or Lifeguard	

<u>BI-WEEKLY</u>	<u>7/21-8/20</u>	<u>Mon &amp; Wed</u>
5:30-6:00	Pre Beginner, Pre Intermediate	
6:00-6:30	Infant/Toddler, Pre Advanced	
6:30-7:10	Level 2A, Level 2B	
7:10-7:50	Level 3A, Level 3B	
7:50-8:40	Level 5, Teen/Adult	

<u>BI-WEEKLY</u>	<u>7/22-8/21</u>	<u>Tue &amp; Thurs</u>
5:30-6:00	Pre Beginner, Pre Intermediate	
6:00-6:30	Infant/Toddler	
6:00-6:40	Level 1	
6:30-7:10	Level 2A	
6:40-7:20	Level 2B	
7:10-7:50	Level 3A	
7:20-8:00	Level 3B	
7:50-8:40	Level 4A, Level 4B	
8:00-8:50	Level 6 Diving or Fitness	

# SWIM LEVEL DESCRIPTIONS

## OREGON POOL

**Infant/Toddler** For ages 6 months - 3 years with a parent or adult

Water adjustment and skills will be taught to the children with their parent. Parents will learn interactive techniques, such as positions, cues and rolls for helping their child learn and practice. These classes are designed to introduce young children to the water and prepare them for the Preschool Program. This fun filled class introduces the parent and child to water skills such as water adjustment, front kick, prone glide and back float which build coordination and confidence before moving on to the next level.

**Preschool Program**

**Preschool:** For children 3-5 years without an adult. (Water adjustment activities and readiness skills through games, songs, and other play activities.) All preschool classes will be based in water safety activities. This is an age appropriate class with some skill grouping within the class.

**Children remain in these classes until they are 5 yrs. old.** When a child is 5 yrs old, the parent may make a decision on whether to keep the child in the preschool program or put their child in the different levels.

**Preschool - Beginner** - For children who have not had swimming lessons, are apprehensive about swimming, and/or do not want to put their face in the water.

**Preschool - Intermediate** - For children who have had lessons, are comfortable in the water, will put their face in the water, and are starting to be independent in the water. This class will focus on floating unassisted and combined stroke on the front and back.

**Preschool - Advanced** - For children who can float on their front and back without assistance and can do a combined stroke on their front. This class will focus on stroke development and endurance.

**Level 1 (Introduction to Water Skills)**

To help students feel comfortable in the water and to enjoy the water safely. Skills introduced include: safe entry and exit of the water; breath control and underwater swimming; supported front/back floats; rolling over and treading with support; alternating and simultaneous arm and leg actions for 5 feet on front and back with support; and safety skills. *This class is for children age 5 and older.*

**Level 2A (Fundamental Aquatic Skills)**

To give students success with fundamental swimming skills. Skills introduced include: rhythmic breathing; floats on back and front, rolling over, alternating and simultaneous arm and leg actions for 15 feet on front and back, and safety skills. *This class is for children age 5 and older.*

**Level 2B (Fundamental Aquatic Skills)**

To give students success with fundamental swimming skills. Skills introduced include: alternating and simultaneous arm and leg actions for 5 feet on side with support; all of the following skills are to be done without support: glides on back and front, rolling over, treading water, finning and sculling; alternating and simultaneous arm and leg actions for 15 feet on front and back, and safety skills. *This class is for children age 5 and older*

**Level 3A (Stroke Development)**

To build on the skills in Level 2 by providing additional guided practice. Skills introduced include: headfirst entries, rotary breathing, front/back glides, coordinated front and back crawl for 15 yards, butterfly kick and body motion, and safety skills.

**Level 3B (Stroke Development)**

To build on the skills in Level 3A by providing additional guided practice. Skills introduced include: rotary breathing, front/back glides with kick, coordinated front and back crawl for 15 yards, butterfly kick and body motion (15 yards), and safety skills

**Level 4A (Stroke Improvement)**

To develop confidence in the strokes learned and to improve other aquatic skills. Skills introduced include: feet-first surface dives, building endurance for front and back crawl (25 yards), streamlining, elementary backstroke (15 yards), swim underwater for 3 body lengths, and safety skills.

#### Level 4B (Stroke Development)

To build on level 4A by providing additional guided practice. Skills introduced include treading with 3 different kicks, open turns, above water arm recovery for butterfly (15 yards), whip kick, scissors kick, sidestroke (15 yards w/or without support), elementary backstroke (15 yards), breaststroke (15 yards), and safety skills.

#### Level 5 (Stroke Refinement)

Will provide further coordination and refinement of strokes. Skills introduced include: tuck and pike surface dives, long shallow dives, flip turns, endurance building and refinement of all strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke 25-50 yards), and safety skills.

#### Level 6 (Swimming and Skill Proficiency)

Will refine the stroke so students swim with ease, efficiency, power and smoothness over greater distances (500 yards). Level 6 is designed with menu options. Each of these options will focus on preparing students to participate in more advance courses, such as Water Safety Instructor and Lifeguard Training. These "menu" options include:

- Personal Water Safety** - To teach students how to prevent aquatic emergencies in open water environments and to introduce and practice self-rescue techniques.
- Lifeguard Readiness** - To introduce and practice the skills required to successfully complete the pre-course session of the American Red Cross Lifeguard Training course
- Fundamentals of Diving** - To introduce and practice fundamental springboard diving skills.
- Fitness Swimming** - To refine strokes so students swim with more ease, efficiency, power and smoothness over greater distances, and to learn the fundamentals of competitive training techniques.

#### Older Teen and Adult Lessons:

This class is for all abilities. Instruction will be individualized.

☺ Once a student has completed Level 6 they are encouraged to try The Oregon Community Swim Club. Information on the swim club is available on line at [www.usswim.net](http://www.usswim.net)

## SWIM ACTIVITIES DESCRIPTIONS

**Family Swim:** Children must be accompanied in the water by 18 year old or older member of own family. At all times responsible teen or adult must be in water with a child who cannot touch bottom at 3' end (recommended height is 4').

**Lap Swim:** Open to all ages. You may swim at your own pace but you must swim laps for recreation and/or conditioning. A minimum of two lanes will be available. Mask, fins, and snorkel allowed in lap swim. You may also use the diving well for water jogging. Ask the guard for a swim belt.

**Open Swim:** Open to all ages. Children under age of 7 must be accompanied by a responsible teen or adult who must be in the water at all times with a child who cannot touch bottom at 3' end (recommended height is 4').

**Preschool Swim:** For children not yet in kindergarten and responsible teen or adult; this teen or adult must be in the water with child.

**Special Afternoon Open Swims:** Same as all other open swims. Held only on those dates listed under special open swims on the schedule. No registration required.

**Water Exercise:** For older teens and adults of all ages; non-swimmers and swimmers. Includes warm-up, stretching and toning, aerobics, and cool-down. Adapt workout to your own level. Some deep water exercise with flotation devices may be included.

**Whirlpool:** May be used during all regularly scheduled recreational swims. It may not be used during lessons or water exercise. Minimum age of 18 years. Please follow guidelines posted on door and wall of whirlpool room.

**Pool Rental:** The pool is available for rental on a limited basis. Contact the Aquatics Director for more information.

## COMMUNITY ACTIVITIES

Beginning April 1<sup>st</sup> you can register online at <http://db.oregonsd.org/summer/> for Safety Camp for Children

### SAFETY CAMP FOR CHILDREN

Within a "camp" format of teams, classes and games are lead by counselors. The participants move from one module to another, learning safety concepts about fire, water, biking, 1<sup>st</sup> aid, roller blading and being a passenger in a vehicle. Our schedule may include a visit from Med Flight, canine unit and horse patrol. The two days of activities end with a family ice cream social. Participants will receive a youth large t-shirt.

<u>Leaders</u>	Oregon Police Department with assistance from other community organizations	<u>Time</u>	7:45am - 4:00pm
<u>Location</u>	Kiser Park Shelter	<u>Grades</u>	2 <sup>nd</sup> (interested 1 <sup>st</sup> , 3 <sup>rd</sup> & 4 <sup>th</sup> graders are invited to register. They will be included as space allows)
<u>Dates</u>	Monday, June 16 Tuesday, June 17	<u>Fee</u>	\$15

### OREGON KIDS TRIATHLON

The Oregon Community Swim Club along with the Oregon Pool will be hosting the 3<sup>rd</sup> Annual Oregon Kids Triathlon. The event format will be pool swim, in-village bike course and on-trail run course. We will have participation awards, T-shirts, goody bags and age-group awards. This race is limited to the first 500 kids that sign up. Go online to get more details about this fun event.

<u>Leaders</u>	Oregon Community Swim Club Oregon Pool	<u>Time</u>	7:00am - 12:00pm
<u>Fee</u>	\$30.00	<u>Date</u>	Saturday, August 9
		<u>Website</u>	<a href="http://ocsc.usswim.net/okt/">http://ocsc.usswim.net/okt/</a>

### OREGON POLICE DEPARTMENT AND FIRE/EMS SAFETY DAY

A FREE event for families and youth that includes Kids Care ID Kit, photos and fingerprinting, tours of police squad cars, fire trucks and a Public Works Department dump truck, farm display, visit by McGruff the Crime Dog and more. No registration is required.

<u>Leaders</u>	Oregon Police Department Oregon Fire/EMS	<u>Time</u>	9:00am - 12:00pm
		<u>Date</u>	Saturday, May 3

### NATIONAL NIGHT OUT

This is a community-wide FREE event with food, fun and free stuff for everyone! A free outdoor movie at the Oregon Swimming Pool will start at 8:30 pm. (Movie is shown rain or shine, moving to the large gym at Netherwood Knoll if the weather doesn't cooperate.) For more information watch in the Oregon Observer and look for flyers around town this summer or contact Officer Gerard Pehler at 835-3111. No registration is required.

<u>Leaders</u>	Oregon Police Department Oregon Fire/EMS	<u>Time</u>	5:00pm - 8:00pm
<u>Date</u>	Tuesday, August 5	<u>Movie Time</u>	8:30pm at the Oregon Pool