

## Verona Area Natatorium- Fall 2018

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 53593

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

Margarita Castellanos - Administrative Assistant (845-4633)

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### Natatorium Swimming Fees and Membership Information

Daily Fees			
Resident Youth	\$2.00	Non Resident Youth	\$3.00
Resident Adult	\$3.00	Non-Resident Adult	\$4.00

### Natatorium- 6 Month Pass

Resident Single - 6 Month	\$55.00	Non-Resident Single - 6 Month	\$110.00
Resident Family - 6 Month	\$95.00	Non-Resident Family - 6 Month	\$135.00

### Natatorium Annual Pass (begins on date of purchase)

Resident Single	\$110.00	Non-Resident Single	\$220.00
Resident Family	\$190.00	Non-Resident Family	\$270.00

## General Information

### Get Your Natatorium Programs & Schedules Electronically

You can sign up to receive Natatorium Information via e-mail. Do so by going to the [Verona Area School District Web site](http://www.verona.k12.wi.us) at [www.verona.k12.wi.us](http://www.verona.k12.wi.us), click on [Select a School](#) (top left hand corner). Then click on Verona Natatorium. On the front page you will find the [Natatorium Newsletter Sign-up](#). Click on that and follow the prompts.

### Resident/Non Resident

A resident is someone who resides within the Verona Area School District. A Non-Resident is anyone who resides outside the Verona Area School District.

### Swim Diapers

Swim Diapers (cloth or disposable) are required (by State Law) for all non-toilet-trained individuals.

### 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. (See next page for rentals)

### 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. See Monthly Schedule for detailed times.

### 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 only. See Monthly Schedule for detailed times.

### 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. A lap lane will be provided during Open Swim unless the pool is crowded. See Monthly Schedule for detailed times

### 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

### 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	Resident Hourly Rate	Non-Resident Hourly Rate
1-30 Swimmers	\$60.00/Hour	\$90.00/Hour
31-50 Swimmers	\$70.00/Hour	\$110.00/Hour
51-75 Swimmers	\$90.00/Hour	\$132.00/Hour



## Fall 2018 Community Swim Class Information

**Lesson Rates:** Youth and Preschool VASD Resident Session Fee - \$35.00

Non- Resident Session Fee - \$57.00

### **Fall Registration Begins on Wednesday, August 15, 2018**

**You will be able to register on-line beginning Wednesday, August 15, 2018 by using the link below.** <http://veronanat.recdesk.com>.

If you are unable to register on-line you can drop or mail-in your completed registration with payment. Registration forms can be found in the back of this program. Completed Registration forms that are mailed in or dropped off will be processed during work hours (8:00 AM -4:00 PM) Monday through Friday.

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

Lessons are filled on a “first-come, first-serve” basis. All classes have limited space available, so register early.

Please note that registrations will not be accepted over the phone. You will receive a class confirmations from RecDesk upon registration.

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 the first session is completed you may register them for openings in other sessions.

**Age Pre-Requisites:** Your child must be six months of age to participate in Parent-Tot, four years of age to participate in Pre-school 1, 2 & 3, and 5 years of age to participate in Level 1 - Level 6

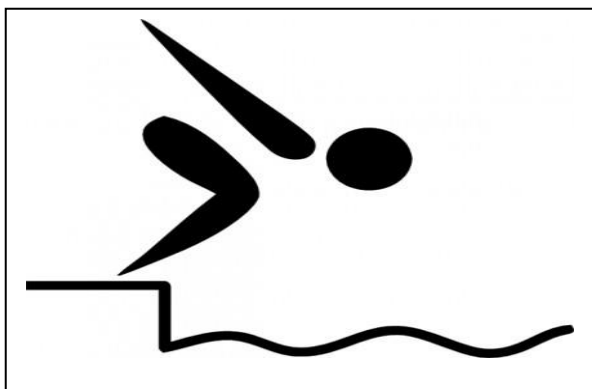
**Refund Policy:** Full Refunds will be given if the Natatorium cancels a class. A prorated credit will be given only if severe illness or injury prevents participation. (See Natatorium Director)

**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 - \$35.00

Non- Resident Session Fee - \$57.00



# Natatorium Registration Information

## 1 Online- Best Option

Visit our web page at <http://veronanat.recdesk.com>

and login to your account. If you have not signed up before, click on Log -in on the top right of your screen and you will be able to create an account.

Follow the online prompts and complete the process with your debit or credit card. You will receive a confirmation email when you register.

## 2 Mail-In or Drop Off (if you are unable to register on-line)

You may drop off your completed registration form and Payment at the Natatorium during our open hours.

You may mail your completed registration form and payment to Verona Area Natatorium

400B N. Main Street

Verona, WI 53593

Completed Registration forms that are mailed in or dropped off will be processed during work hours (8:00 AM - 4:00 PM) Monday through Friday.

### Please note

- Registrations must be paid in full at the time of registration
- Registrations will not be accepted over the phone

## Adult & Teen Swim Lessons

Session	Course Title	Dates	Time	Fees
Session M	Adult/Teen Lessons	Nov 5 - Dec 17, 2018 No Class - Nov. 26	Mondays 7:30-8:10 PM	\$40.00 VASD Resident \$57.00 Non Resident

## Water Exercise

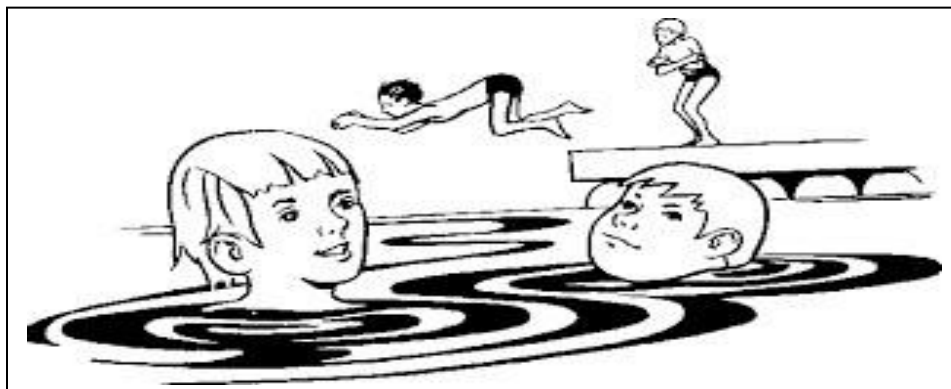
Water exercise classes are offered on weeknights throughout the summer. Classes include a combination of muscle building exercises, aerobics, water resistance exercises, and stretching. Participants do not need to know how to swim. No Pre-registration is necessary.

Course Title	Dates	Time	Drop-In Fees
Water Exercise	September: 10, 12, 17, 19, 24, 26 October: 1, 3, 8, 10, 15, 17, 22, 24, 29, 31 November: 5, 7, 12, 14, 19, (No Class Nov.21) 26, 28 December: 3, 5, 10, 12, 17	Monday & Wednesdays 5:30-6:30PM	\$3.00 VASD Resident \$4:00 Non Resident

## Senior Water Exercise

Water Exercise classes for adults age 62 and older are offered on Monday & Wednesdays throughout the School Year. A possible 3<sup>rd</sup> class may be available once the school schedule is determined. No Pre-registration is necessary.

Course Title	Session	Dates	Time	Drop-in Fees
Senior Water Exercise	Session A	September 5, 10, 12, 17, 19,24, 26, October 1, 3, 8, 10, 15, 17, 22, 24	Mondays 2:20-3:05 PM Wednesdays 2:20-3:05 PM	\$1 VASD Resident \$2 Non Resident
Senior Water Exercise	Session B	October 29- December 21	Time will be determined once the school schedule is known.	\$1 VASD Resident \$2 Non Resident
Senior Water Exercise	Session C	January 2 - February 21	Time will be determined once the school schedule is known.	\$1 VASD Resident \$2 Non Resident
Senior Water Exercise	Session D	February 25 - April 18	Time will be determined once the school schedule is known.	\$1 VASD Resident \$2 Non Resident
Senior Water Exercise	Session E	April 22 - June 12	Time will be determined once the school schedule is known.	\$1 VASD Resident \$2 Non Resident



## ***Masters Swim Program***

The Master Swim Program is an organized coaching 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.

Session	Course Title	Dates	Time	Fees
Session 1	Masters Swim Program	September 24 - October 31, 2018	Mon & Wed 8:00-9:00 PM	\$75 VASD Resident \$90 Non-Resident
Session 2	Masters Swim Program	November 5 - December 19 (no class 11/21)	Mon & Wed 8:00-9:00 PM	\$75 VASD Resident \$90 Non-Resident
Session 3	Masters Swim Program	January 2- March 11	Mon & Wed 8:00-9:00 PM	\$120 VASD Resident \$140 Non-Resident
Session 4	Masters Swim Program	March 13 - May 29 (no class 3/25 & 3/27, May 27)	Mon & Wed 8:00-9:00 PM	\$120 VASD Resident \$140 Non-Resident

## **SBR**

**Session 1 will focus on developing swimmers' aerobic fitness, strength and speed in the water. We will incorporate technique work into the workouts through drills and personal stroke feedback from the coaches. This will develop the swimmers' base for sessions 2 and 3.**

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

Session	Course Title	Dates	Time	Fees
Session 1A	SBR - Focus on Aerobic Fitness, Strength and Speed	October 23 - December 20, 2018 (no class 10/25, 11/22)	Tues & Thurs 6:00-7:00AM	\$115 VASD Resident \$135 Non-Resident
Session 2A	SBR - Focus on a "Base" phase with high yardage practices	January 3 - March 21, 2019	Tues & Thurs 6:00-7:00AM	\$150 VASD Resident \$170 Non-Resident
Session 2B	SBR Our Monday/Wednesday swims will focus heavily on technique development to improve swimming ability. Beginner friendly. The daily yardage will be less than the Tues/Thurs swims, though still providing a workout. <b>SHORTER SESSION</b>	February 4 - March 20, 2019	Mon & Wed 6:00-7:00AM	\$105 VASD Resident \$125 Non-Resident
Session 3A	SBR- Focus on season prep phase with threshold intervals at race pace	April 2 - May 30, 2019	Tues & Thurs 6:00-7:00AM	\$135 VASD Resident \$155 Non-Resident

### Fall 2018 Swim Class Schedule

Fall Classes are offered on Sundays, Mondays, and Wednesdays once a week for 6 weeks.

#### Session Dates

Session J Sept 19 - Oct 24 (Wednesdays)      Session L Nov 4 - Dec 16 (Sunday) (no class 11/25/2018)  
 Session K Sept 23 - Oct 28 (Sundays)            Session M Nov 5 - Dec 17 (Mondays) (no class 11/26/2018)  
    Session N Nov 7 - Dec 19 (Wednesdays) (no class 11/21/2018)

Session J September 19 - October 24 (Wednesdays)							
Time	Preschool	Level 1	Level 2	Level 3	4A/4B	Level 5	6A/6B
5:30-5:55 PM	Preschool 1	Level 1					
6:00-6:25 PM	Preschool 2						
6:00-6:40 PM			Level 2				
6:30-6:55 PM	Parent/Tot						
6:30-7:10 PM			Level 2	Level 3			
6:45-7:25 PM				Level 3			
7:00-7:25 PM		Level 1					
7:15-7:55 PM					Level 4A Level 4B		
7:30-8:10PM						Level 5	Level 6A

Session K September 23 - October 28 (Sundays)							
Time	Preschool	Level 1	Level 2	Level 3	4A/4B	Level 5	6A/6B
5:00-5:25 PM	Preschool 1 Parent/Tot						
5:00-5:40 PM				Level 3	Level 4A		
5:30-5:55 PM	Preschool 2	Level 1					
5:45-6:25 PM			Level 2		Level 4B		
6:00-6:25 PM	Preschool 1						
6:00-6:40 PM						Level 5	
6:30-7:10 PM			Level 2				Level 6B
6:30-6:55 PM	Preschool 3						
6:45 - 7:10 PM		Level 1					

**Session L Nov 4 - Dec 16 (Sundays) (no class 11/25/18)**

Time	Preschool	Level 1	Level 2	Level 3	4A/4B	Level 5	6A/6B
5:00-5:25 PM	Preschool 1 Parent/Tot						
5:00-5:40 PM				Level 3	Level 4A		
5:30-5:55 PM	Preschool 2	Level 1					
5:45-6:25 PM			Level 2		Level 4B		
6:00-6:25 PM	Preschool 1						
6:00-6:40 PM						Level 5	
6:30-7:10 PM			Level 2				Level 6A
6:45-7:10 PM	Preschool 3						

**Session M Nov 5 - Dec 17 (Mondays) (no class 11/26/18)**

Time	Preschool	Level 1	Level 2	Level 3	4A/4B		Other
6:30-6:55PM	Preschool 1 Parent/Tot						
6:30-7:10PM				Level 3	Level 4B		
7:00-7:25PM	Preschool 2	Level 1					
7:15-7:55PM			Level 2		Level 4A		
7:30-8:10PM							Adult Lessons

**Session N Nov 7 - Dec 19 (Wednesdays) (no class 11/21/18)**

Time	Preschool	Level 1	Level 2	Level 3	4A/4B	Level 5	6A/6AB
5:30-5:55 PM	Preschool 1	Level 1					
6:00-6:25 PM	Preschool 2						
6:00-6:40 PM			Level 2				
6:30-6:55 PM	Parent/Tot						
6:30-7:10 PM			Level 2	Level 3			
6:45-7:25 PM				Level 3			
7:00-7:25 PM		Level 1					
7:15-7:55 PM					Level 4A Level 4B		
7:30-8:10PM						Level 5	Level 6B

**Parent/Child Class Level**

LEVEL	CLASS SIZE	PRE-REQUISITES	SKILLS TAUGHT IN CLASS
Parent/Child	12 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

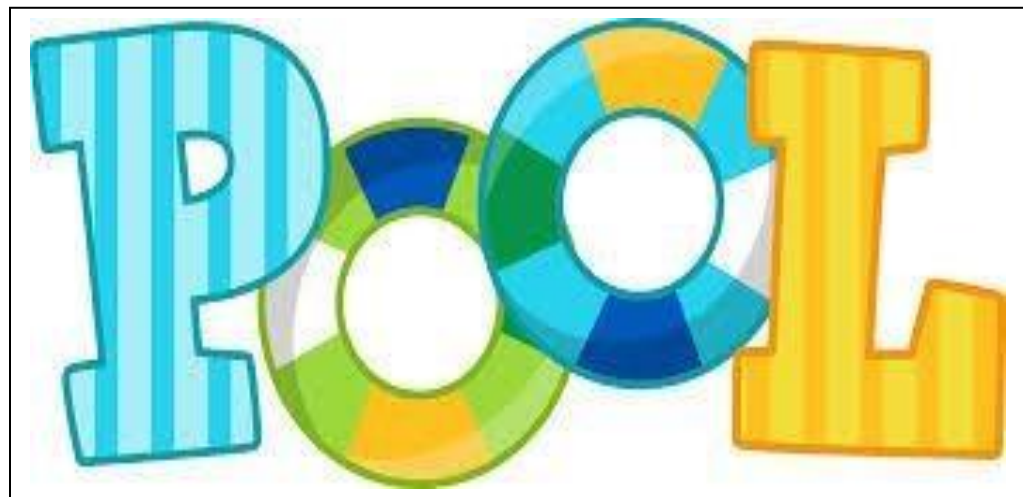
LEVEL	CLASS SIZE	PRE-REQUISITES	SKILLS TAUGHT IN CLASS
Preschool 1	6 Max	Ages 4 & w/o parent  No Previous Skills Needed	Enter & exit water safely, Breath control & submerging, bubble blowing, front glide & recovery, back glide & back float & recovery, changing directions, treading water arm & hand action, alternate & simultaneous arm and leg actions on front and back and personal & general water safety skills.
Preschool 2	6 Max	Ages 4 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	SIZE	PRE-REQUISITE	SKILLS TAUGHT IN CLASS
Level 1 Intro to Water Skills	6	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	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	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	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	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	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	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	Able to demonstrate all Level 5 skills.	Perform the 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, flip turns, circle swimming, using a pace clock, swimming w/pull-buoys, fins & paddles, setting up an exercise program, training techniques, target heart rates, & aquatic exercise

LEVELS	SIZE	PRE-Requisite	SKILLS TAUGHT IN CLASS
Youth Stroke Technique	5-10	Ability to Demonstrate all Level 5 Skills	Passed through all the Red Cross Swim Levels? Are you too young to take Lifeguarding? Students will perfect their Front Crawl, Back Stroke, Breaststroke, Sidestroke, Elementary Back Stroke, Butterfly, starts & turns. Swimmers will also work on stroke efficiency and endurance.
Junior Lifeguarding	6-10	Age 11 -14	This course gives you a jump-start into Red Cross Lifeguarding. Learn how to prevent drowning and diving accidents, reaching & throwing assists, self-rescue, providing care for injuries, leadership skills, develop swimming skills and general physical fitness for lifeguarding responsibilities. To enroll participants should have Level 6 or equivalent swimming skills.



# Natatorium Mail-In/ Drop-Off Registration Form

Verona Area Natatorium  
400B North Main Street  
Verona, WI 53593  
<http://www.verona.k12.wi.us>

## Step 1 - Family Information

Family's Last Name _____	Phone _____	
Address _____	City/State _____	Zip Code _____
Name of Father (if participant is under 18) _____	Cell Phone ( ) _____	
Name of Mother (if participant is under 18) _____	Cell Phone ( ) _____	
_____ VASD Resident	_____ VASD Non-Resident	

## Step 2 - Waiver

I, the undersigned do hereby agree to allow the individual named herein to participate in the activities indicated. I am aware and understand there may be potential risk inherent with participation in any recreation activity, and that the Verona Area School District does not provide accident insurance and cannot assume responsibility for injury to any participants in the recreation programs. I further understand the eligibility requirements for the program as stated in the department brochure and that no refunds will be given unless my spot can be filled or the department changes a class.

## Step 3 - Participant Information

Participant First & Last Name	Age	Date of Birth	Class Title	Session	Time	Cost

Please list any Health concerns/special needs:

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## Step 4 - MAIL-IN/DROP-OFF FORM at the Natatorium

Payment is due in full at time of registration,  
no phone registrations will be accepted.  
Make check out to VASD (Verona Area School District)

Total Fee Due \$ \_\_\_\_\_ -  
\_\_\_\_\_  
Check Number \_\_\_\_\_  
Cash \_\_\_\_\_  
Date Processed \_\_\_/\_\_\_/\_\_\_  
Staff Initials \_\_\_\_\_