

## VERONA AREA NATATORIUM- SUMMER 2018

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

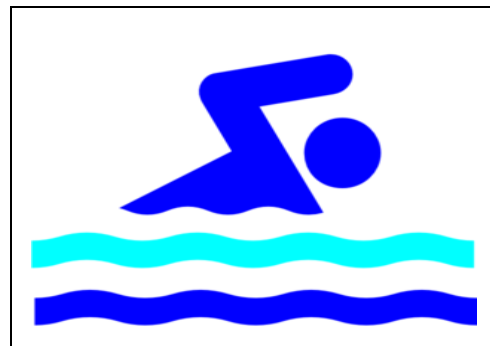
845-4635    [www.verona.k12.wi.us](http://www.verona.k12.wi.us)

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)

Patti Heuser - Administrative Assistant (845-4633)    [Patti.Heuser@verona.k12.wi.us](mailto:Patti.Heuser@verona.k12.wi.us)



### **Natatorium Swimming Fees and Membership Information**

<b>Daily Fees</b>			
Resident Youth	\$2.00	Non Resident Youth	\$3.00
Resident Adult	\$3.00	Non-Resident Adult	\$4.00

<b>Natatorium- 6 Month Pass</b>			
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

<b>Natatorium Annual Pass 2018-2019 (begins on date of purchase)</b>			
Resident Single	\$110.00	Non-Resident Single	\$220.00
Resident Family	\$190.00	Non-Resident Family	\$270.00

<b>COMBO Beach/Natatorium Summer Pass 2018 (June 11 - August 24)</b>			
Nat/Beach Single	\$60.00	Combo Memberships are for City of Verona Residents Only.	
Nat Beach Family	\$110.00		

## **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 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 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



## Summer 2018 Community Swim Class Information

**Lesson Rates:** Youth and Preschool VASD Resident Session Fee - \$35.00  
Non- Resident Session Fee - \$57.00

### **Summer Registration Begins on Wednesday, May 2, 2018**

You will be able to register on-line beginning Wednesday, May 2, 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

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 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 you have completed their first session 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)

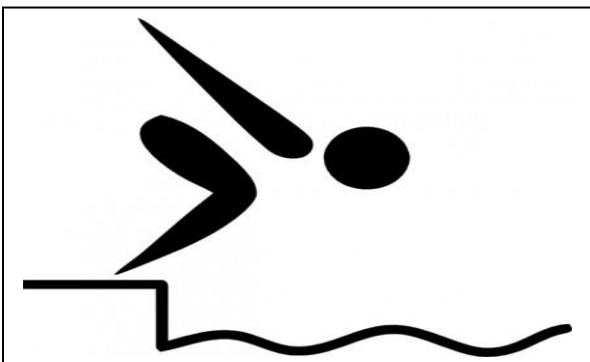
#### Program Cancellations

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.

Recdesk accepts VISA, MASTERCARD, DISCOVER and AMERICAN EXPRESS

## 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 (7:30 AM - 3:30 PM) Monday through Friday.

Registration form can be found at the end of this program information.

### 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

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 or suggest a different technique. If you answered YES to any of these questions, then adult lessons is the class for you.

Session	Course Title	Dates	Time	Fees
Session E	Adult/Teen Lessons	June 12 - July 24, 2018 No Class July 3	Tuesdays 7:30-8:10 PM	\$40.00 VASD Resident \$57.00 Non-Resident
Session G	Adult/Teen Lessons	July 31 - August 16, 2018	Tuesday/Thursday 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	June 11, 13, 18, 20, 25, 27 July 2, (No Class 7/4) 9, 11, 16, 18, 23, 25, 30 August 1, 6, 8, 13, 15, 20, 22, 27, 29	Monday & Wednesdays 5:30-6:30PM	\$3.00 VASD Resident \$400 Non-Resident

## Senior Water Exercise

Water Exercise classes for adults age 62 and older are offered on Monday & Wednesdays and Thursdays mornings from 8:05 - 8:55 AM throughout the summer. No Swimming skills required. No Pre-registration is necessary.

Course Title	Dates	Time	Drop-in Fees
Senior Water Exercise	June 11, 13, 14, 18, 20, 21, 25, 27, 28 July 2, (no class 7/4, 7/5) 9, 11, 12, 16, 18, 19, 23, 25, 26, 30 August 1, 2, 6, 8, 9, 13, 15, 16, 20, 22, 23, 27	Monday, 8:05-8:55 AM Wednesday 8:05-8:55 AM & Thursdays 12:05-12:50 PM	\$1 VASD Resident \$2 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.

Course Title	Dates	Time	Fees
SBR - Summer	June 5, 7, 12, 14, 19, 21, 26, 28, July 3, (No Class July 5), 10, 12, 17, 19, 24, 26, 31 August 2, 7, 9, 14, 16, 21, 23, 28, 30	Tuesday & Thursday 6:00-7:00 AM	\$195.00 VASD Resident \$210.00 Non-Resident

## Logrolling

Learn the competitive lumberjack sport. Improve balance, concentration and agility while having fun. Attempt to roll your counterpart off the log and into the water. Individuals must be able to swim 25 meters continuously to register. This class is open to individuals ages 6 - adult. Students may sign up for swim lessons and logrolling during the same session. Maximum of 10 participants allowed.

Session	Course Title	Dates	Times	Fees
Session C	Logrolling	July 23 -August 2 Monday - Thursday	9:10-9:55 AM	\$40.00 VASD Resident \$57.00 NR
Session D	Logrolling	August 6- August 16 Monday -Thursday	11:00-11:45 AM	\$40.00 VASD Resident \$57.00 NR

## American Red Cross Junior Lifeguarding Program

This course guides youth ages 11 - 14 into Red Cross Lifeguarding. Learn how to prevent drowning and diving accidents, First Aid, CPR and AED, 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 5 or equivalent swimming skills. Bring your own snack.

Class Min - 6, Max 10

Session	Course Title	Dates	Times	Fees
Session D	Junior Lifeguarding	August 6 - August 16 Monday - Thursday	9:30-12:00 PM	\$65.00 VASD Resident \$75.00 NR

## Youth Stroke Clinic

In this class students will to learn/review competitive and non-competitive techniques and to sharpen your present swim skills. You will practice your Freestyle, back stroke, breaststroke, sidestroke, elementary sack stroke, and butterfly. Starts and turns for all strokes will be practiced. Swimmer who can swim 4 lengths non-stop may enroll.

Session	Course Title	Dates	Times	Fees
Session A	Youth Stroke Clinic	June 18 - June 28 Monday - Thursday	9:30-9:55 AM	\$35.00 VASD Resident \$57.00 NR
Session B	Youth Stroke Clinic	July 9 - July 19 Monday - Thursday	11:00-11:25 AM	\$35.00 VASD Resident \$57.00 NR
Session D	Youth Stroke Clinic	August 6- August 16 Monday-Thursday	10:00 - 10:25 AM	\$35.00 VASD Resident \$57.00 NR
Session F	Youth Stroke Clinic	June 14 - July 26 Thursday (no class 7/5)	7:30-8:10 pm	\$35.00 VASD Resident \$57.00 NR

### VASD Middle/High School Competitive Swim Training Program

Open to boys and girls entering 7th grade through 12th grade who are currently members or aspire to compete for the high school swim team. Training will focus on stroke technique and building endurance in the four competitive strokes (butterfly, backstroke, breaststroke, and freestyle) as well as introduction/refinement of starts and turns.

Swimmers will be coached by the high school coaches from the Verona Area-Mount Horeb boys and girls swim teams. All practices will be held at the Verona Area Natatorium.

Dates/Times: June 11-July 26 Mondays: 4:00-5:30pm, Tuesdays, Wednesdays, Thursdays: 7:30-9:00pm

Fees: \$150.00 per swimmer.

**For this program only use form below!**

#### Registration Form for Middle/High School Competitive Program Only

Name \_\_\_\_\_

Address \_\_\_\_\_

Home Phone: \_\_\_\_\_

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

Emergency Contact (name & phone #): \_\_\_\_\_

Year in school Fall 2018: \_\_\_\_\_

Registration form and fees should be mailed to:

Verona Area High School

Attn. Bill Wuerger

300 Richard Street

Verona, WI 53593

Checks should be made out to Verona Area High School.

**Registration deadline: Friday, June 1st**

## Summer 2018 Swim Class Schedule

During Sessions A, B, C, D and each student will attend class daily Monday-Thursday for two weeks. Classes are also offered on Tuesdays (Session E) and Thursdays (Session F) afternoons and evenings, once a week for 6 weeks, and on Tuesday/Thursday (Session G) twice a week for 3 weeks.

### Session Dates

Session A June 18 - June 28 (M-R)	Session E June 12 - July 24 (Tuesday) (no class July 3)
Session B July 9 - July 19 (M-R)	Session F June 14 - July 26 (Thursday) (no class July 5)
Session C July 23 - August 2 (M-R)	Session G July 31 - August 16 (Tues/Thur)
Session D August 6 - August 16 (M-R)	

<b><i>Session A June 18 - 28 Mornings (Monday - Thursday)</i></b>								
Time	Preschool	Level 1	Level 2	Level 3	4A/AB	Level 5	Level 6	Other
9-9:25		Level 1	Level 2	Level 3	Level 4A			
9:30-9:55	Preschool 1		Level 2		Level 4B			Stroke Clinic
10:00-10:25		Level 1		Level 3	Level 4A	Level 5		
10:30-10:55	Preschool 2 Preschool 3		Level 2				Level 6B	
11:00-11:25	Parent/Tot			Level 3	Level 4B	Level 5		
11:30-11:55	Preschool 1	Level 1	Level 2				Level 6A	

<b><i>Session B July 9 - 19 Mornings (Monday - Thursday)</i></b>								
Time	Preschool	Level 1	Level 2	Level 3	4A/AB	Level 5	Level 6	Other
9-9:25	Preschool 2	Level 1		Level 3	Level 4A			
9:30-9:55	Preschool 1		Level 2			Level 5	Level 6B	
10:00-10:25	Preschool 3	Level 1		Level 3	Level 4B			
10:30-10:55		Level 1	Level 2		Level 4B		Level 6A	
11:00-11:25	Preschool 1 Preschool 2			Level 3				Stroke Clinic
11:30-11:55			Level 2	Level 3	Level 4A	Level 5		



**Session C July 23 -August 2 Mornings (Monday - Thursday)**

Time	Preschool	Level 1	Level 2	Level 3	4A/AB	Level 5	Level 6	Other
9-9:25		Level 1	Level 2	Level 3				Log Rolling 9:10-9:55
9:30-9:55			Level 2		Level 4B		Level 6B	
10:00-10:25	Preschool 3			Level 3	Level 4A	Level 5		
10:30-10:55	Preschool 1	Level 1	Level 2		Level 4B			
11:00-11:25	Preschool 2	Level 1		Level 3		Level 5		
11:30-11:55	Preschool 2		Level 2		Level 4A		Level 6A	

**Session D August 6 - 16 Mornings (Monday - Thursday)**

Time	Preschool	Level 1	Level 2	Level 3	4A/AB	Level 5	Level 6	Other
9-9:25		Level 1		Level 3	Level 4A			
9:30-9:55	Preschool 2		Level 2			Level 5	Junior Lifeguarding 9:30-12:00	Stroke Clinic
10:00-10:25	Preschool 1			Level 3				
10:30-10:55	Preschool 3		Level 2		Level 4A			
11:00-11:25		Level 1		Level 3				
11:30-11:55					Level 4B	Level 6A		Logrolling 11-11:45 AM

**Session E June 12 - July 24 (Tuesday) No class July 3**

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



# 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

E-mail Address \_\_\_\_\_

Name of Emergency Contact \_\_\_\_\_ Phone# \_\_\_\_\_

## 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.

\_\_\_\_\_

Participant/Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

## Step 3 - Participant Information

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

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

## 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 \_\_\_\_\_

### 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

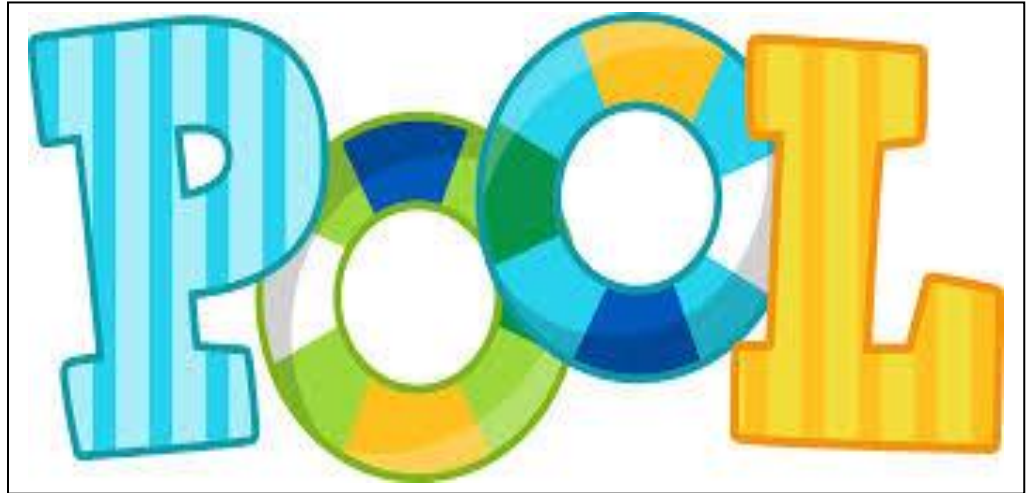
LEVEL	CLASS SIZE	PRE-REQUISITES	SKILLS TAUGHT IN CLASS
Preschool 1	6 Max	Ages 4 & w/o parent  No Previous Skills Needed	Enter & exit water safely, Breath control & submerging, bubble blowing, front glide & recovery, back glide & back float & recovery, changing directions, treading water arm & hand action, 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.	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
<b>LEVELS</b>	<b>SIZE</b>	<b>PRE-Requisite</b>	<b>SKILLS TAUGHT IN CLASS</b>
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.

Adult/Teen Swim Lessons	5 Min 10 Max	Ages 14 & up	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 or suggesting something different. If you answered YES to any of these questions, then adult lessons is the class for you this summer.
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**NATATORIUM Membership Form-Summer 2018**  
**845-4635**      R – Resident \*\*\* NR – Non-Resident

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Nat Beach Family	\$110.00		

**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.

\_\_\_\_\_

Participant/Parent/Guardian Signature

\_\_\_\_\_

Date

**Member Information**

First & Last Name	Age	Date of Birth

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 \_\_\_\_\_