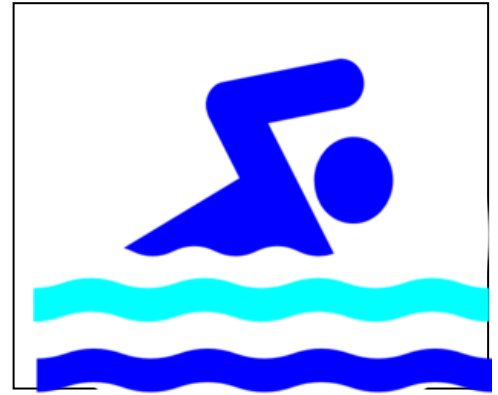


**VERONA AREA NATATORIUM - SUMMER 2017**  
 A Community Facility Serving the Verona Area since 1979  
 Owned and operated by the Verona Area School District

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**

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

Natatorium Summer Pass (June 12 - August 31, 2017)			
Resident Single Semester	\$60.00	Non-Resident Single Semester	\$85.00
Resident Family Semester	\$95.00	Non-Resident Family Semester	\$155.00

Natatorium Annual Pass 2017-2018 (begins on date of purchase)			
Resident Single	\$110.00	Non-Resident Single	\$220.00
Resident Family	\$190.00	Non-Resident Family	\$270.00

COMBO Summer Pass 2017 (June 12 - August 25, 2017)			
Nat/Beach Single	\$60.00	Combo Membership are for City of Verona Residents Only	
Nat/Beach Family	\$110.00		

**General Information**

**Get Your Natatorium Programs & Schedules Electronically**

If you have Internet Access, you can sign up to receive Natatorium Information via e-mail. You can do this by going to the [Verona Area School District Web site at www.verona.k12.wi.us](http://www.verona.k12.wi.us) and under District Information, you will find the link Subscribe to VASD Newsletters. Click Subscribe and follow the prompts for the newsletters you wish to receive.

**Resident/Non Resident**

A Resident is defined as a taxpayer or a dependant of a taxpayer that 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



## Natorium Registration Information

It's as easy as 1, 2, 3....

### 1 Online

Visit our web page at <http://veronanat.recdesk.com> and login to your account. If you have not signed up before, create an account on the left side of the screen.

Please note: If you do not live in the Verona Area School District you are considered an Non-Resident and you will need to click the Non-Resident box when registering.

Follow the online prompts and complete the process with your credit card

### 2 Mail

Registration form and payment to      Verona Area Natatorium  
400B N. Main Street  
Verona, WI 53593

Registration form can be found at the end of this program information. If you require a receipt, please be sure to include an email address or self addressed, stamped envelope with your registration.

### 3. Drop Off

Your completed registration form and Payment at the Natatorium during our open hours.

A Registration form can be found at the end of this program information. If you require a receipt, please be sure to include a email address or self addresses, stamped envelope with your registration

#### Please note

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

### 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. Snacks will be provided. Class Min - 6, Max 10

Code	Session	Course Title	Dates	Times	Fees
25240930	Session E	Junior Lifeguarding	August 7 - August 17 Monday - Thursdays	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.

Code	Session	Course Title	Dates	Times	Fees
21210930	Session A	Youth Stroke Clinic	June 12 - June 22 Monday - Thursdays	9:30-9:55 AM	\$35.00 VASD Resident \$57.00 NR
22211100	Session B	Youth Stroke Clinic	July 26 - July 7 Monday - Friday (Week 1) Wednesday-Friday (Week 2) No Class July 3 & 4	11:00-11:55 AM	\$35.00 VASD Resident \$57.00 NR
24210900	Session D	Youth Stroke Clinic	July 24 - August 3 Monday-Thursday	9:00 - 9:25 AM	\$35.00 VASD Resident \$57.00 NR
25211000	Session E	Youth Stroke Clinic	August 7 - August 17 Monday-Thursday	10:00-10:25 AM	\$35.00 VASD Resident \$57.00 NR
27211930	Session G	Youth Stroke Clinic	June 15 - July 20 Thursday	7:30-8:10 pm	\$35.00 VASD Resident \$57.00 NR

### 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.

Code	Session	Course Title	Dates	Times	Fees
23200910	Session C	Logrolling	July 10 - July 20, 2017 Monday - Thursdays	9:10-9:55 AM	\$40.00 VASD Resident \$57.00 NR
25201100	Session E	Logrolling	August 7- August 17, 2017 Monday -Thursdays	11:00-11:45 AM	\$40.00 VASD Resident \$57.00 NR

### 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.

Code	Session	Course Title	Dates	Time	Fees
26231930	Session F	Adult/Teen Lessons	June 13 - July 25 Tuesdays (No Class July 4)	7:30-8:10 PM	\$40.00 VASD Resident \$57.00 NR
28231930	Session H	Adult/Teen Lessons	August 1 - August 7 Tuesday/Thursday	7:30-8:10 PM	\$40.00 VASD Resident \$57.00 NR

## **Water Exercise**

Water exercise classes are offered on weeknights. Classes include a combination of muscle building exercises, aerobics, water resistance exercises, and stretching. Participants do not need to know how to swim.

Course Title	Dates	Time	Drop-In Fees
Water Exercise	June 12, 14, 19, 21, 26, 28 July 5, 10, 12, 17, 19, 24, 26, 31 August 2, 7, 9, 14, 16, 21, 23, 28	Monday & Wednesdays 5:30-6:30PM	\$3.00 VASD Resident \$4:00 Non Resident

## **Senior Water Exercise**

A Water Exercise classes for adults age 62 and older are offered on Monday, Wednesday & Thursday mornings throughout the summer from 8:00-9:00 AM. Participants can attend on a drop-in basis or enroll for entire session. Please call 845-4635 for more information.

Course Title	Session	Dates	Time	Drop-in Fees
Senior Water Exercise	Summer	June 12, 14, 15, 19, 21, 22, 26, 28, 29 July 5, 6, 10, 12, 13, 17, 19, 20, 24, 26, 27, 31 August 2, 3, 7, 9, 10, 14, 16, 17, 21, 23, 24, 28	8:00-9:00AM Mondays, Tuesdays, & Thursdays	\$1.00 VASD Resident \$2.00 NR

## **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.

Session	Course Title	Dates	Time	Fees
SBR 21210700	SBR	June 6, 8, 13, 15, 20, 22, 27, 29, July (no class 7/4) 6, 11, 13, 18, 20, 25, 27 August 1, 3, 8, 10, 15, 17, 22, 24,	Tuesday & Thursdays 6:00-7:00 AM	\$161.00 VASD Resident \$184.00 NR



## 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 3, 2017**

**You will be able to register by mail, drop-off, or on-line at that time.**

Our Registration procedures have changed. We will have three different ways to register.

Online, In Person, or Mail In The link to the online portal is <http://veronanat.recdesk.com>

If you wish to use our on-line registration system, you will need to set up an account prior to registering for classes. This can be done at any time.

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 you have completed their first session you may register them for openings in other sessions. 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, 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 refund will be given only if severe illness or injury prevents participation. A W-9 form must be completed for us to issue a refund. (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 - \$35.00  
Non- Resident Session Fee - \$57.00



## Summer 2017 Swim Class Schedule

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

### Session Dates

Session A June 12 - June 22

Session B June 26 - July 7 (No Class July 3 & 4)

Session C July 10 - July 22

Session D July 24 - August 3

Session E August 7 - August 17

Session F June 13 - July 25 (Tuesdays) No Class July 4.

Session G June 15 - July 20 (Thursdays)

Session H August 1 - August 17 (Tues/Thurs)

Session A June 12 - June 22, 2017 Monday-Thursday								
Time	Preschool	Level 1	Level 2	Level 3	4A/4B	Level 5	6A/6B	Other
9-9:25 AM		Level 1 21110900	Level 2 21120900	Level 3 21130900	Level 4A 21140900			
9:30- 9:55 AM	Preschool 1 21010930		Level 2 21120930		Level 4B 21150930			Stroke Clinic 21210930
10 -10:25 AM		Level 1 21111000		Level 3 21131000	Level 4A 21141000	Level 5 21161000		
10:30-10:55 AM	Preschool 2 21021030 Preschool 3 21031030		Level 2 21121030				Level 6B 21181030	
11-11:25 AM	Parent/Tot 21041100			Level 3 21131100	Level 4B 21151100	Level 5 21161100		
11:30-11:55 AM	Preschool 1 21011130	Level 1 21111130	Level 2 21121130				Level 6A 21171130	

Session B June 26 July 7 2017 (No Class July 3 & 4) Week 1- Monday-Friday, Week 2 - Wednesday-Friday								
Time	Preschool	Level 1	Level 2	Level 3	4A/4B	Level 5	6A/6B	Other
9-9:25 AM		Level 1 22110900		Level 3 22130900	Level 4A 22140900			
9:30- 9:55 AM	Preschool 1 22010930		Level 2 22120930			Level 5 22160930	Level 6B 22180930	
10 -10:25 AM	Preschool 3 22031000	Level 1 22111000		Level 322131000	Level 4B 22151000			
10:30-10:55 AM		Level 1 22111030	Level 2 22121030		Level 4B 22151030		Level 6A 22171030	
11-11:25 AM	Preschool 1 22011100 Preschool 2 22021100			Level 3 22131100				Stroke Clinic 22211100
11:30-11:55 AM			Level 2 22121130	Level 3 22131130	Level 4A 22141130	Level 5 22161130		

**Session C July 10 - July 20, 2017 (Monday-Thursday)**

Time	Preschool	Level 1	Level 2	Level 3	4A/4B	Level 5	6A/6B	Other
9-9:25 AM		Level 1 23110900	Level 2 23120900	Level 3 23130900				Logrolling 9:10-9:55AM 23200910
9:30- 9:55 AM			Level 2 23120930		Level 4B 23150930		Level 6B 23180930	
10 -10:25 AM	Preschool 3 23031000			Level 3 23131000	Level 4A 23141000	Level 5 23161000		
10:30-10:55 AM	Preschool 1 23011030	Level 1 23111030	Level 2 23121030		Level 4A 23141030			
11-11:25 AM	Preschool 2 23021100	Level 1 23111100		Level 3 23131100		Level 5 23161100		
11:30-11:55 AM	Preschool 2 23021130		Level 2 23121130		Level 4B 23151130		Level 6A 23171130	

**Session D July 24 - August 3 2017 (Monday-Thursday)**

Time	Preschool	Level 1	Level 2	Level 3	4A/4B	Level 5	6A/6B	Other
9-9:25 AM	Preschool 1 24010900	Level 1 24110900					Level 6A 24170900	Stroke Clinic 24210900
9:30- 9:55 AM	Preschool 2 24020930		Level 2 24120930		Level 4A 24140930		Level 6B 24180930	
10 -10:25 AM	Preschool 1 24011000			Level 3 24131000	Level 4B 24151000	Level 5 24161000		
10:30-10:55 AM	Preschool 3 24031030	Level 1 24111030	Level 2 24121030		Level 4B 24151030			
11-11:25 AM	Parent/Tot 24041100	Level 1 24111100		Level 3 24131100		Level 5 24161100		
11:30-11:55 AM			Level 2 24121130	Level 3 24131130	Level 4A 24141130			

**Session E August 7 - August 17 2017 (Monday-Thursday)**

Time	Preschool	Level 1	Level2/ Level 3	4A/4B	Level 5	Junior Lifeguarding 9:30AM -12:00 PM 25240930	Other
10 -10:25 AM		Level 1 25111000	Level 2 25121000				Stroke Clinic 25211000
10:30-10:55 AM	Preschool 1 25011030		Level 3 25131030		Level 5 25161030		
11-11:25 AM	Preschool 3 25031100			Level 4A 25141100			
11:30-11:55 AM	Preschool 2 25021130			Level 4B 25151130			





**Session F June 13 - July 25 2017 (Tuesdays) No Class July 4**

Time	Preschool	Level 1	Level 2	Level 3	4A/4B	Level 5	6A/6B	Other
5-5:25 PM	Preschool 1 26011700	Level 1 26111700						
5:00-5:40 PM			Level 2 26121700		Level 4A 26141700			
5:30-5:55 PM	Preschool 2 26021730 Preschool 3 26031730							
5:45-6:25 PM				Level 3 26131745		Level 5 26161745		
6:00-6:25 PM	Parent/Tot 26041800	Level 1 26111800						
6:30-6:55 PM	Parent/Tot 26041830 Preschool 1 26011830							
6:30-7:10 PM				Level 3 26131830	Level 4B 26151830			
7:00-7:25 PM	Preschool 2 26021900	Level 1 26111900						
7:15-7:55 PM			Level 2 26121915		Level 4A 26141915			
7:30-8:10 PM								Level 6B 26181930 Adult Lessons 26231930

**Session G June 15 - July 20 2017 (Thursday)**

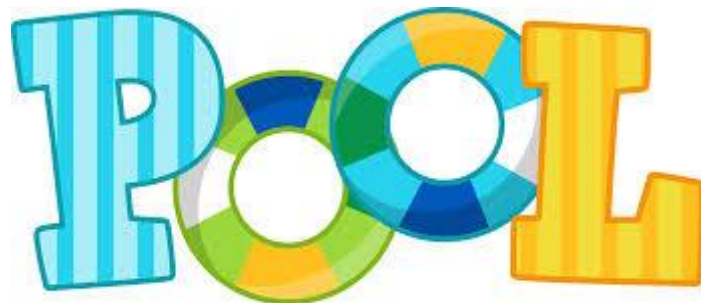
Time	Preschool	Level 1	Level 2	Level 3	4A/4B	Level 5	6A/6B	Other
5-5:25 PM	Preschool 1 27011700	Level 1 27111700						
5:00-5:40 PM			Level 2 27121700	Level 3 27131700				
5:30-5:55 PM	Preschool 3 27031730	Level 1 27111730						
5:45-6:25 PM					Level 4B 27151745		Level 6A 27171745	
6:00-6:25 PM	Parent/Tot 27041800 Preschool 2 27021800							
6:30-6:55 PM	Parent/Tot 27041830 Preschool 2 27021830							
6:30-7:10 PM			Level 2 27121830		Level 4A 27141830			
7:00-7:25 PM	Preschool 1 27011900	Level 1 27111900						
7:15-7:55 PM				Level 3 27131915		Level 5 27161915		
7:30-8:10 PM								Stroke Clinic 27211930
7:30-7:55 PM	Preschool 3 27031930							

**Session H August 1 - August 17 2017 (Tuesdays/Thursdays)**

Time	Preschool	Level 1	Level 2	Level 3	4A/4B	Level 5	6A/6B	Other
5-5:25 PM		Level 1 28111700						
5:00-5:40 PM			Level 2 28121700		Level 4B 28151700	Level 5 28161700		
5:30-5:55 PM	Preschool 1 28011730							
5:45-6:25 PM				Level 3 28131745	Level 4A 28141745		Level 6B 28181745	
6:00-6:25 PM	Preschool 2 28021800							
6:30-6:55 PM	Parent/Tot 28041830 Preschool 2 28021830							
6:30-7:10 PM			Level 2 28121830		Level 4B 28151830			
7:00-7:25 PM	Preschool 1 28011900	Level 1 28111900						
7:15-7:55 PM				Level 3 28131915			Level 6A 28171915	
7:30-8:10 PM								Adult Lessons 28231930

**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 & 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	8	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 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

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.
Adult/Teen Swim Lessons	5 Min 10 Max	Ages 15 & 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.

**Natatorium Mail-In/ Drop-Off Registration Form**

Verona Area Natatorium  
 400 B 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 Parent or Guardian (if participant is under 18) \_\_\_\_\_ Cell Phone ( ) \_\_\_\_\_  
 Name of Parent or Guardian (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)

MARK YOUR CALENDAR! We do not mail confirmations,

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