

AQUATIC GENERAL POLICIES

POOL LOCATION

Greenfield High School Pool

Located at 4800 S 60th Street (S 60th & Layton Ave.)

COME SWIM READY

All learn to swim and lap swim participants must come to the pool "swim ready". "Swim Ready" means in their swimsuit and ready to be checked in for their class. **We will be using Door #11** into the school building this fall. A swim staff member will take attendance at the pool lobby entrance. The Pool Lobby and locker room hallway will be our spot for removing coats/jackets and outer clothing. We ask that you arrive no more than 10 minutes before your class start so we can keep classes on schedule. Parents should wait with their swimmer in the pool lobby, please use social distancing until your class time is called. Parents may wait outside or in the pool lobby area (bring your own chair) while classes are in session. Swimmers will want to bring their towel and even wear flip flops or water shoes. We will be using deck signs that once inside the pool area, participants will be able to put these items by while they are swimming. If your swimmer uses goggles, they need to bring their own. Parent/child class participants should put their belongings in one large bag so they can bring the bag onto the pool deck during their class.

COVID-19 CHECK IN PROCEDURE

Please see our pool diagram on page 19. Swim participants, upon entering the pool area, will go to their class sign on the pool deck to meet their instructor. Staff will be doing their best to encourage social distancing between everyone.

STAY HOME IF YOU'RE SICK

Any participant or instructor who has had any of the following symptoms within 24 hours of class should not attend: cough, shortness of breath or difficulty breathing, fever, chills, muscle aches, body aches, vomiting, diarrhea, new loss of taste or smell.

LOCKER ROOMS / BATHROOMS

Due to current COVID-19 guidelines, the locker rooms will not be available for use this fall. Parents, please have your child use the bathroom at home before coming to the pool. Parent/child class participants who are not yet potty trained must wear a swim diaper, please plan to take this home with you following class.

CLASS SIZES TO AVOID CLOSE CONTACT

In compliance with current COVID-19 guidelines, our Parent/Child classes will have 6 parent/child pairs and our Starfish through Level Four will have 4 children per class. Our Level 5, 6, and BY6 classes will be held in the lane lines which allows for social distancing, and will have 2-3 children per lane line, up to 8 in a class.

FACE MASKS

Greenfield Parks & Recreation follows the State and Local mask mandates. This requires people to wear masks which cover their nose and mouth anytime they are indoors. Parks & Recreation will not be providing masks so please bring your own. Face masks are not to be worn in the pool. Parents will be asked to take off face masks and hold onto them while their children are in the pool area. Our Swim Instructors will be wearing Face Shields. We will be doing our best to space children out on the pool deck and in the water.

POOL TEMPERATURE AND MAINTENANCE

The water and air temperature are regulated by the High School maintenance department, not Parks and Recreation. They do their best to maintain a water temperature of at least 80°, please realize this may be cold for some swimmers.

DISINFECTING EQUIPMENT

Our Swim Instructors will be disinfecting all pool equipment used in classes (kickboards, water toys and pool noodles). Items that cannot be properly sanitized will not be used this Fall. Lifejackets will be used on a very limited basis for this reason. Swim goggles cannot be shared; participants who use them need to bring their own and be able to put them on without assistance.

American Red Cross SWIMMING AND WATER SAFETY PROGRAM

Our Learn to Swim program follows the principles and methods of the American Red Cross to combine the best in swim instruction with a strong emphasis on drowning prevention and water safety. Learn how to swim with the most trusted name in aquatic training.

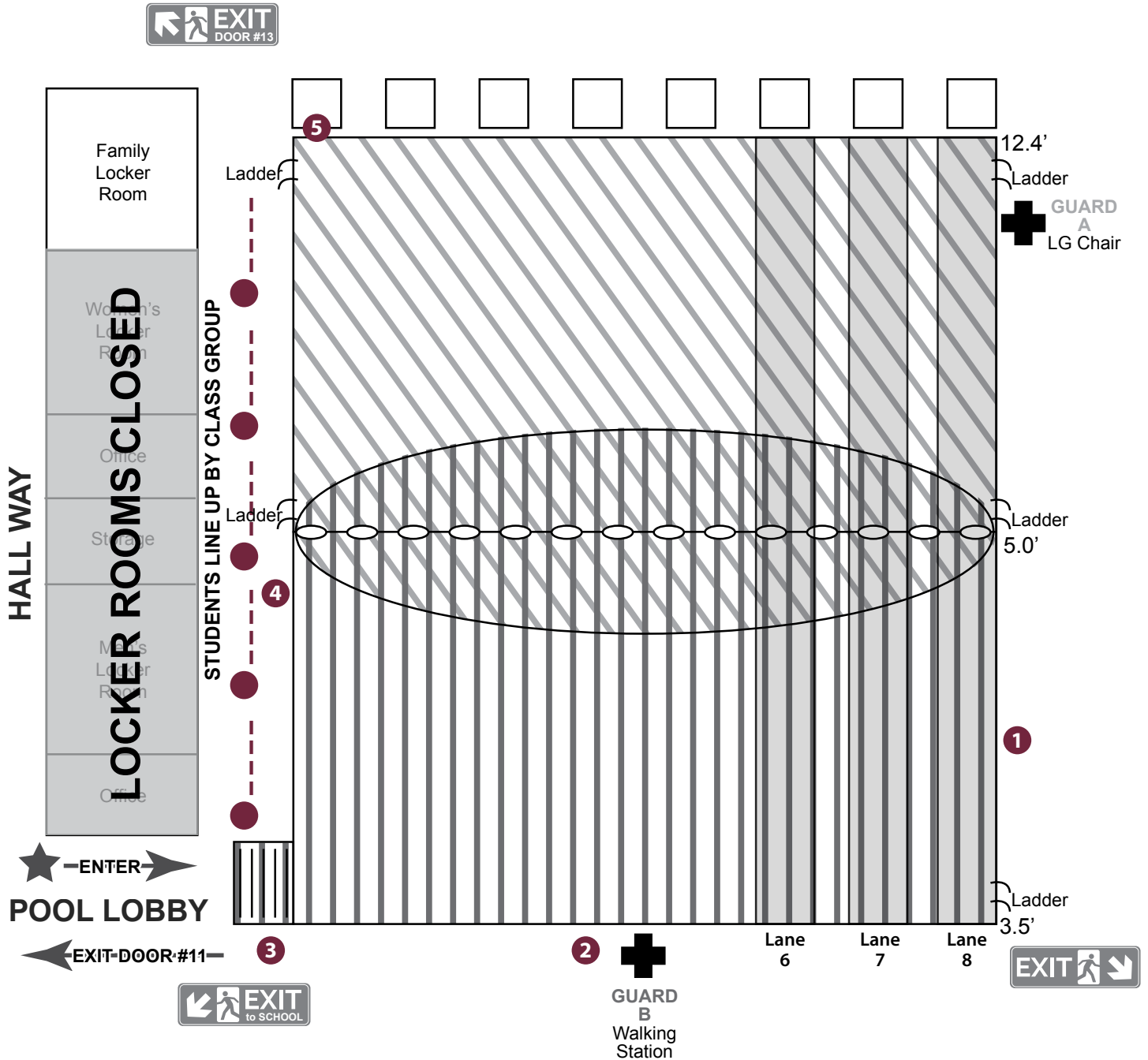
LEVELS:

Please refer to the chart on page 20. Participants start at either Starfish or Level One and as their skill level progresses, they move up through the levels. At the conclusion of each semester, each child will be given a skill sheet indicating their progress.

PROFESSIONAL STAFF:

The Greenfield Parks & Recreation Department is a Licensed Training Provider of American Red Cross programs. Our staff members are trained and certified American Red Cross Water Safety Instructors (WSI) and American Red Cross Lifeguards (LG).

AQUATICS: COVID-19 PROCEDURES



- START HERE:** Parents/Guardians and swimmers will line up at the pool lobby doors. A swim staff member will have participants use hand sanitizer as they enter the pool.
- Swimmers will go to their designated class sign on the pool deck. Towels and swim shoes will be left by the respective class sign.
- Instructors will move swimmers to their designated spot in the pool.
- Once classes are complete, instructors will escort their swimmers back to their class sign to gather belongings and then take them to the pool lobby doors.
- A staff member will have the swimmers use hand sanitizer as they exit the pool area back into the lobby to meet their parents.

Parents/Guardians can wait outside or in the hallway behind the locker room. Masks must be worn indoors. Please maintain social distance.

- COME TO POOL SWIM READY:** No Showers or Locker Room. Family Locker Room will be open for emergencies only.
- NO PARENTS OR SPECTATORS IN POOL AREA:** Drop-off and Pick-up at the Pool Lobby Door (#11). (If instructor needs to talk to a parent, they will be brought onto the pool deck.)
- PLEASE MAINTAIN SOCIAL DISTANCE DURING DROP-OFF AND PICK-UP.**

SWIMMING & WATER SAFETY LEVELS

The American Red Cross offers comprehensive course levels that teach your child how to swim skillfully and safely.

Skills taught are progressive, so children advance upon completion of all the skills in the previous level.

New to our program? Either enroll your child in Starfish (Ages 4-6) or Level One (Ages 6-9), or attend a swim pre-test session to determine which level is most appropriate for your child based upon their water skills.

Levels	Requirements	Skills Taught
PARENT AND CHILD AQUATICS		
Parent/Child Swim Ratio 1:10	Ages 1-4 Years <i>Each child must be accompanied by parent or caregiver</i>	Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. This level is fun-filled and helps introduce water safety concepts, encouraging a healthy recreational habit. If your child is not 100% toilet trained, they will need to wear a swim diaper under their swim suit. The water temperature is approximately 80 degrees, which may be cold for younger swimmers, so a long-sleeved swim/sun type top is recommended.
PRESCHOOL AQUATICS (AGES 4-6)		
Preschool Level 1 (Starfish) Ratio 1:6	Ages 4-6 Years <i>Prerequisite: Child must be able to submerge head under water</i>	Starfish orients children to the aquatic environment and helps them gain basic aquatic skills that are the foundation for the later levels. Front and back floats, glides, and leg and arm actions are taught. Age appropriate water safety topics are reviewed.
Preschool Level 2 (Seahorse) Ratio 1:6	Ages 4-6 Years <i>Prerequisite: Successfully complete Starfish</i>	Seahorse builds upon the Starfish skills to help children gain greater independence in their skills and develop more comfort in and around the water. Bobs, retrieving objects under water, floating and gliding independently, treading water, and combined arm-and-leg actions front and back are the focus.
Preschool Level 3 (Goldfish) Ratio 1:6	Ages 5-6 Years <i>Prerequisite: Successfully complete Seahorse</i>	Goldfish further develops the Seahorse skills so children gain basic swimming propulsive skills. Floats and glides into a vertical position, rotary breathing, how to change direction while swimming, treading water, and independent swimming on front and back strokes are the primary focus.
LEARN-TO-SWIM (AGES 6-TEENS)		
Level 1 Ratio 1:6	Ages 6-13 Years <i>There are no prerequisites for this level</i>	Introduction to Water Skills Level 1 teaches basic personal water safety and skills to help children feel comfortable in the water while learning elementary aquatic skills. Age appropriate water safety topics are reviewed.
Level 2 Ratio 1:6	Ages 6-13 Years <i>Prerequisite: Level 1, 7 years old and completed Seahorse</i>	Fundamental Aquatic Skills Level 2 gives participants success with fundamental skills such as floating and recovering to vertical position. Participants continue to explore simultaneous and alternating arm action on front and back.
Level 3 Ratio 1:6	Ages 6-13 Years <i>Prerequisite: Successful completion of Level 2 or Goldfish</i>	Stroke Development Level 3 teaches the survival float, elementary backstroke, breaststroke, backstroke and coordination of front crawl. Participants are introduced to dolphin kick, swimming in deep water, and basic diving skills.
Level 4 Ratio 1:8	Ages 6-13 Years <i>Prerequisite: Successful completion of Level 3</i>	Stroke Improvement Level 4 develops confidence in previously learned strokes and increases distance swimming. Backstroke and breaststroke are further developed. Participants are introduced to butterfly and taught sidestroke.
Level 5 Ratio 1:8	Ages 8-13 Years <i>Prerequisite: Successful completion of Level 4</i>	Stroke Refinement Level 5 refines strokes learned in Level 4 and increases distances of swimming. Participants are also introduced to front and back flip turns.
Level 6 Ratio 1:8	Ages 9-13 Years <i>Prerequisite: Successful completion of Level 5</i>	Swimming and Skill Proficiency Level 6 refines the strokes so participants swim with ease, efficiency, power and smoothness over greater distances. It helps prepare for more advanced classes such as Lifeguarding and Competitive Swimming.
Beyond Level 6 Ratio 1:8	<i>Prerequisite: Successful completion of Level 6</i>	This level is unique to Greenfield Parks & Recreation to keep kids swimming. Stroke refinements, junior lifeguarding skills, and fitness swimming are just some of the things this level can cover all based upon the interest of the class.

GREENFIELD HIGH SCHOOL POOL

		Sat. / 8 sessions Oct. 3-Nov. 21	Sun. / 8 sessions Oct. 4-Nov. 22
Parent/Child	9:40-10:10 AM	N/A	401GSN-A0
Level 3	9:40-10:10 AM	N/A	401GSN-30
BY6	9:40-10:10 AM	N/A	401GSN-65
Parent/Child	10:20-10:50 AM	N/A	401GSN-A1
Level 4	10:20-10:50 AM	N/A	401GSN-40
Level 6	10:20-10:50 AM	N/A	401GSN-60
Starfish	11:00-11:30 AM	401GSA-02	401GSN-02
Seahorse	11:00-11:30 AM	401GSA-03	401GSN-03
Level 5	11:00-11:30 AM	401GSA-50	401GSN-50
Goldfish	11:40 AM-12:10 PM	401GSA-04	401GSN-04
Level 2	11:40 AM-12:10 PM	401GSA-20	401GSN-20
Level 4	11:40 AM-12:10 PM	401GSA-41	401GSN-41
Seahorse	12:20-12:50 PM	401GSA-05	401GSN-05
Level 1	12:20-12:50 PM	401GSA-10	401GSN-10
Level 3	12:20-12:50 PM	401GSA-31	401GSN-31
Starfish	1:00-1:30 PM	401GSA-06	401GSN-06
Level 2	1:00-1:30 PM	401GSA-21	401GSN-21
Level 4	1:00-1:30 PM	401GSA-42	401GSN-42
Seahorse	1:40-2:10 PM	401GSA-07	401GSN-07
Level 2	1:40-2:10 PM	401GSA-22	401GSN-22
Level 3	1:40-2:10 PM	401GSA-32	401GSN-32
Per option: \$56 (R) / \$84 (NR) Time Out: Tuesday, September 29			

PRIVATE SWIM LESSONS Youth (Ages 6+)- Adult

Private swim lessons are designed to help meet the needs of participants who are seeking more individualized instruction. Teens and adults seeking to improve their swim strokes are welcome. One of our swim instructors will be assigned to work one-on-one with you or your child to accomplish specific strokes or skills during the class.

Our goal is to serve as many children as we can within the pool time we have been given, private swim lessons have not been planned. We will keep a list of interested participants, should we be able to adjust classes to place those interested in a private class. If two participants, siblings or two close friends are at the same swim level ability, we will offer a "semi-private" with them sharing the private.

Saturday **401GSA-WL**

Sunday **401GSN-WL**

Per option: \$140 (R) only

SWIM & STAY FIT CHALLENGE: LAP SWIM Adults & Teens (Ages 14+)

Swimming provides an excellent cardiovascular and muscle-strengthening exercise, allowing you to work vigorously without placing stress on your bones and joints. This is not an organized program rather, participants set their own pace swimming using the lap lanes. Please pace your workout to avoid down time at the end of the lane. Please observe the typical rules for lap lane courtesy which include:

1. Come to the pool expecting to circle lap swim – staying to the right and switching sides as you make your turn. Gauge the speed of the lane before entering. When passing another swimmer, pass to the person's left, down the middle of the lane, once you finished passing, move back to the right of the lane again.
2. Lanes are first come, first served. When joining a lane, slowly enter the water and wait on the side one lap so the swimmers will notice you are joining them.
3. Treat other swimmers with the same courtesy and respect you expect.
4. Diving blocks or the diving board may not be used.
5. Kickboards and pull buoys may be used and will be sanitized following your use.

Registration notes:

1. Advanced registration is required, drop in's will not be permitted.
2. Lap swimmers younger than 14 years of age are welcome to sign up with a participating adult.
3. Members of the Greenfield School District Fitness Center can participate in this Lap Swim program at no additional cost (included in your membership) but must sign up with the Fitness Center.

Saturday / 8 sessions **October 3-November 21**
11:40 AM-12:40 PM **401501-01**
12:50-1:50 PM **401501-02**

Sunday / 8 sessions **October 4-November 22**
11:40 AM-12:40 PM **401501-03**
12:50-1:50 PM **401501-04**

Greenfield High School Pool, Lanes 6-8

Per option: Adults 18+ \$24 (R) or (NR)

Youth 14-18 \$16 (R) or (NR)

Time Out: Tuesday, September 29

BEYOND 6 & LEVEL 6

Recognizing our participants in Level 6 and BY6 needed more lap swimming time, this Fall, these classes will be held in the Lap Lanes so we can better socially distance. As a bonus, participants in Level 6 and BY6 can sign up at no additional cost for a Lap Swim time to work on their swimming endurance this fall.

BY6 SWIM

Sunday / 8 sessions **October 4-November 22**
9:40-10:10 AM **401GSN-65**

LEVEL 6 SWIM

Sunday / 8 sessions **October 4-November 22**
10:20-10:50 AM **401GSN-60**

Greenfield High School Pool, Lanes 6-8

Per option: \$56 (R) / \$84 (NR)

Time Out: Tuesday, September 29