

# AQUATICS: COVID-19 PROCEDURES

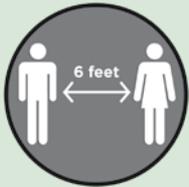
## COVID-19 PROCEDURES FOR AQUATICS PROGRAMS

The City of Greenfield Parks and Recreation Department has worked with the Health Department to develop guidelines to reduce risk factors and keep staff and participants safe. Please review these guidelines and share them with all family members who will be participating. Thank you for your help in keeping Greenfield safe and healthy.



### Stay Home If You're Sick

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



### Avoid Close Contact

Parents are reminded to maintain 6 feet between themselves and others while checking-in and picking-up their swimmer. 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.



### 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 their child's face mask 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.



### Disinfect 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. Life jackets will be used on a very limited basis for this reason.



### Wash/Sanitize Your Hands

Participants are asked to make use of our hand sanitizer station as they enter and exit the pool area.



### No Waiting in the Building

At the request of both school districts, once children have entered the pool area, all parents or guardians must exit the building. We are unable to have people waiting in the buildings during classes. The aquatics staff greatly appreciates your understanding.



### Locker Rooms / Restrooms

**Greenfield:** Locker rooms will NOT be available. The family locker room will be available for emergency restroom use only. Swimmers should come swim ready\*. The pool lobby area will be available for removing jackets and outer clothing as well as dressing before going home.

**Whitnall:** A staff member will greet swimmers as they enter the building, locker rooms will have areas closed including the showers so please come swim ready\*.

(\*Wear swimsuits under clothing.

## 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
<b>PARENT AND CHILD AQUATICS</b>		
<b>Parent/Child Swim</b>  Ratio 1:10	<b>Ages 1-4 Years</b>  <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.
<b>PRESCHOOL AQUATICS (AGES 4-6)</b>		
<b>Preschool Level 1 (Starfish)</b>  Ratio 1:6	<b>Ages 4-6 Years</b>  <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.
<b>Preschool Level 2 (Seahorse)</b>  Ratio 1:6	<b>Ages 4-6 Years</b>  <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.
<b>Preschool Level 3 (Goldfish)</b>  Ratio 1:6	<b>Ages 5-6 Years</b>  <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.
<b>LEARN-TO-SWIM (AGES 6-TEENS)</b>		
<b>Level 1</b>  Ratio 1:6	<b>Ages 6-13 Years</b>  <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.
<b>Level 2</b>  Ratio 1:6	<b>Ages 6-13 Years</b>  <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.
<b>Level 3</b>  Ratio 1:6	<b>Ages 6-13 Years</b>  <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.
<b>Level 4</b>  Ratio 1:8	<b>Ages 6-13 Years</b>  <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.
<b>Level 5</b>  Ratio 1:8	<b>Ages 8-13 Years</b>  <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.
<b>Level 6</b>  Ratio 1:8	<b>Ages 9-13 Years</b>  <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.
<b>Beyond Level 6</b>  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.

# AQUATICS

## 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 21. 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).

## DEEP WATER FITNESS

### Seniors, Adults, and Teens Ages 18+

*Karma McMillian, Instructor*

Spice up your workout with a variety of full body movements. Burn calories, increase cardiovascular endurance, and develop overall body strength. Enjoy the privacy that this completely submerged workout can provide as you reap the benefits of a deep water workout. Swimming skills are necessary – must be able to tread water and float. Flotation belts and hand buoys are provided. *Note: Class size will be limited and No Older Adult Fee discount this semester.*

<b>TUESDAY</b> Greenfield High School Pool	<b>WINTER</b> 6 Sessions Feb. 16-Mar. 23	<b>SPRING</b> 8 Sessions Apr. 13-Jun. 1
6:15-7:05 PM	104122-01	204122-01
7:15-8:05 PM	104122-02	204122-02
<b>THURSDAY</b> Greenfield High School Pool	<b>WINTER</b> 6 Sessions Feb. 18-Mar. 25	<b>SPRING</b> 8 Sessions Apr. 15-Jun. 3
6:15-7:05 PM	104122-03	204122-03
7:15-8:05 PM	104122-04	204122-04
Per option: Time Out:	\$26 (R) / \$38 (NR) Tuesday, Feb. 9	\$34 (R) / \$51 (NR) Tuesday, Apr. 6

## POOL TEMPS & MAINTENANCE

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

## WHITNALL HIGH SCHOOL POOL

5000 S. 116th Street - Pool Entrance is Door #5

<b>SATURDAY</b>			
		<b>WINTER</b> 7 Sessions Feb. 6-Mar. 27 (Cancel 2/13)	<b>SPRING</b> 7 Sessions Apr. 10-May 22
Starfish	9:00-9:30 AM	101WH1-01	201WH1-01
Seahorse	9:00-9:30 AM	101WH1-02	201WH1-02
Level 1	9:40-10:10 AM	101WH1-10	201WH1-10
Level 2	9:40-10:10 AM	101WH1-20	201WH1-20
Goldfish	10:20-10:50 AM	101WH1-03	201WH1-03
Level 3	10:20-10:50 AM	101WH1-30	201WH1-30
	Per Option Time Out	\$49 (R)/\$73 (NR) Tuesday, Jan. 19	\$49 (R)/\$73 (NR) Tuesday, Apr. 6

## GREENFIELD HIGH SCHOOL POOL

4800 S. 60th Street - Pool Entrance is Door #11

<b>SATURDAY</b>			
		<b>WINTER</b> 7 Sessions Feb. 6-Mar. 27 (Cancel 2/13)	<b>SPRING</b> 7 Sessions Apr. 10-May 22
Level 1	12:00-12:30 PM	101GH4-10	201GH4-10
Level 4	12:00-12:30 PM	101GH4-40	201GH4-40
Level 5	12:00-12:30 PM	101GH4-50	201GH4-50
Level 2	12:40-1:10 PM	101GH4-20	201GH4-20
Level 3	12:40-1:10 PM	101GH4-30	201GH4-30
Level 6	12:40-1:10 PM	101GH4-60	201GH4-60
Seahorse	1:20-1:50 PM	101GH4-01	201GH4-01
Goldfish	1:20-1:50 PM	101GH4-02	201GH4-02
BY6	1:20-1:50 PM	101GH4-65	201GH4-65
Starfish	2:00-2:30 AM	101GH4-03	201GH4-03
Seahorse	2:00-2:30 AM	101GH4-04	201GH4-04
Starfish	2:40-3:10 PM	101GH4-05	201GH4-05
Level 2	2:40-3:10 PM	101GH4-21	201GH4-21
Level 3	2:40-3:10 PM	101GH4-31	201GH4-31
	Per Option Time Out	\$49 (R)/\$73 (NR) Tuesday, Jan. 19	\$49 (R)/\$73 (NR) Tuesday, Apr. 6
Private	11:00-11:30 AM	101GH4-70	201GH4-70
	Per Option Time Out	\$123 (R) Only Tuesday, Jan. 19	\$123 (R) Only Tuesday, Apr. 6

## GREENFIELD HIGH SCHOOL POOL

4800 S. 60th Street - Pool Entrance is Door #11

SUNDAY			
		WINTER 8 Sessions Jan. 24-Mar. 21 (Cancel 2/14)	SPRING 7 Sessions Apr. 11-May 23
Level 1	9:00-9:30 AM	101GH1-10	201GH1-10
Level 2	9:00-9:30 AM	101GH1-20	201GH1-20
Level 3	9:00-9:30 AM	101GH1-30	201GH1-30
Level 5	9:00-9:30 AM	101GH1-50	201GH1-50
Starfish	9:40-10:10 AM	101GH1-01	201GH1-01
Seahorse	9:40-10:10 AM	101GH1-02	201GH1-02
Level 4	9:40-10:10 AM	101GH1-40	201GH1-40
Level 6	9:40-10:10 AM	101GH1-60	201GH1-60
Parent/Child	10:20-10:50 AM	101GH1-A0	201GH1-A0
Level 3	10:20-10:50 AM	101GH1-31	201GH1-31
BY6	10:20-10:50 AM	101GH1-65	201GH1-65
Starfish	11:00-11:30 AM	101GH1-03	201GH1-03
Goldfish	11:00-11:30 AM	101GH1-04	201GH1-04
Level 2	11:00-11:30 AM	101GH1-21	201GH1-21
Level 5	11:00-11:30 AM	101GH1-51	201GH1-51
Seahorse	11:40 AM-12:10 PM	101GH1-05	201GH1-05
Level 1	11:40 AM-12:10 PM	101GH1-11	201GH1-11
Level 4	11:40 AM-12:10 PM	101GH1-41	201GH1-41
Starfish	12:20-12:50 PM	101GH1-06	201GH1-06
Level 2	12:20-12:50 PM	101GH1-22	201GH1-22
Level 3	12:20-12:50 PM	101GH1-32	201GH1-32
	Per Option Time Out	\$56 (R)/\$84 (NR) Tuesday, Jan. 19	\$49 (R)/\$73 (NR) Tuesday, Apr. 6

### 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. Note: After the "Time Out" date, due to the scheduling of staff, there are no credits or refunds.

TUESDAY		
		SPRING 8 Sessions Apr. 13-Jun. 1
Parent/Child	5:30-6:00 PM	201GH2-A0
Starfish	5:30-6:00 PM	201GH2-01
Parent/Child	6:10-6:50 PM	201GH2-A1
Seahorse	6:10-6:50 PM	201GH2-02
Level 2	7:00-7:30 PM	201GH2-20
Level 3	7:00-7:30 PM	201GH2-30
	Per Option Time Out	\$56 (R)/\$84 (NR) Tuesday, Apr. 6
Private	7:40-8:10 PM	201GH2-70
	Per Option Time Out	\$140 (R) Only Tuesday, Apr. 6

THURSDAY		
		SPRING 8 Sessions Apr. 15-Jun. 3
Starfish	5:30-6:00 PM	201GH3-01
Seahorse	5:30-6:00 PM	201GH3-02
Level 3	5:30-6:00 PM	201GH3-30
Level 1	6:10-6:50 PM	201GH3-10
Level 2	6:10-6:50 PM	201GH3-20
Level 5	6:10-6:50 PM	201GH3-50
Starfish	7:00-7:30 PM	201GH3-03
Goldfish	7:00-7:30 PM	201GH3-04
Level 4	7:00-7:30 PM	201GH3-40
	Per Option Time Out	\$56 (R)/\$84 (NR) Tuesday, Apr. 6
Private	7:40-8:10 PM	201GH3-70
	Per Option Time Out	\$140 (R) Only Tuesday, Apr. 6

## 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.

<b>SUNDAY</b> Greenfield High School Pool	<b>WINTER</b> 8 Sessions Jan. 24-Mar. 21 (cancel Feb. 14)	<b>SPRING</b> 7 Sessions Apr. 11-May 23
11:50-12:40 PM	<b>101501-04</b>	<b>201501-04</b>
Per option Adult: Per option Teens (14-17): Time Out:	\$24 (R) or (NR) \$16 (R) or (NR) Tuesday, Jan. 19	\$21 (R) or (NR) \$14 (R) or (NR) Tuesday, Apr. 6
<b>TUESDAY</b> Greenfield High School Pool	<b>WINTER</b> 6 Sessions Feb. 16-Mar. 23	<b>SPRING</b> 8 Sessions Apr. 13-Jun. 1
6:15-7:05 PM	<b>101501-01</b>	<b>201501-01</b>
7:15-8:05 PM	<b>101501-02</b>	<b>201501-02</b>
<b>THURSDAY</b> Greenfield High School Pool	<b>WINTER</b> 6 Sessions Feb. 18-Mar. 25	<b>SPRING</b> 8 Sessions Apr. 15-Jun. 3
7:15-8:05 PM	<b>101501-03</b>	<b>201501-03</b>
Per option Adult: Per option Teens (14-18): Time Out:	\$18 (R) or (NR) \$12 (R) or (NR) Tuesday, Feb. 9	\$24 (R) or (NR) \$16 (R) or (NR) Tuesday, Apr. 6

## AQUATIC BADGE WORKSHOPS

Mike Seavert, Instructor

Our Aquatic Badge Workshops are designed for those seeking to earn the entire merit badge, so plan to attend all 4 scheduled class sessions. Each session focuses on different requirements that must be successfully met to complete the Merit Badge. Our instructor has planned a 5th "make up" date into the schedule for participants who might need more practice time. There are no guarantees for badge completion. This program does not include free admission to Open Swim. Enrollment: Min. 8 / Max. 12



### BOY SCOUT SWIMMING MERIT BADGE

Complete the Boy Scout Swimming Merit Badge while refining your swimming skills. Learn about survival swimming, swimming with clothes, surface dives, some basic water rescues, wearing a life jacket, rescue breathing, adult CPR, and first aid. Participants must have completed the American Red Cross Level Four Swim or be able to swim 100 yards demonstrating (in good form) the front crawl, elementary backstroke, and back crawl.

**Sunday / 4 sessions 12:30-1:30 PM**

April 11-May 2 **101301-01**  
(Class make-up if needed is May 9)  
Greenfield High School Pool  
\$40 (R) / \$60 (NR)  
Time out: Tuesday, March 30

### BOY SCOUT LIFESAVING MERIT BADGE

If you have earned the Boy Scout Swimming Merit Badge, take your aquatic skills to the next level in this course. Learn how to prevent aquatic emergencies and how to effectively respond. Participants will learn reaching and throwing assists, tired swimmer assists, removing someone from the water, defenses and escapes should someone grab you, how to assist in a missing swimmer drill, and how to care for a spinal injury.

Please note: to take this course, participants must already be at least an American Red Cross Level 5 swimmer or be able to swim (in good form) 100 yards of the front crawl and back crawl, and be comfortable in water. This is not the BSA Lifeguard course.

**Sunday / 4 sessions 1:40-3:00 PM**

April 11-May 2 **101301-02**  
(Class make-up if needed is May 9)  
Greenfield High School Pool  
\$56 (R) / \$84 (NR)  
Time out: Tuesday, March 30

**American Red Cross**  
**LIFEGUARD COURSE R.17**  
**Blended Learning**  
**Adults & Teens (Ages 15+)**



Learn how to effectively prevent and respond to water emergencies. Gain the skills and knowledge to prepare you for a variety of scenarios in and around the water. Learn how quick response times and effective preparation are vital to being a lifeguard while also understanding the crucial elements in helping to prevent drowning and injuries.

As a blended learning course, participants will receive an online link to complete the classroom portion. There are swim skill requirements that must be successfully completed at the pre course to continue.

Lifeguard candidates must complete the following skills to continue in the course:

- 1) Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates must use front crawl, breast stroke or a combination of both but swimming on the back or side is NOT allowed.
- 2) Tread water for 2 minutes, legs only.
- 3) Complete the following in 1 min 40 sec: Starting in the water, swim 20 yards (face may be in or out of the water); surface dive (feet-first or head-first) to a depth of 7-10 feet to retrieve a 10 lb brick; return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the 10 lb brick and keeping face at or near the surface so they are able to get a breath; exit the water without using the ladder or steps.

We are planning to hold a Lifeguard class in Spring 2021 with dates yet to be determined. To be included in our email list for the class sign up announcement, please use the registration number below.

Register for email updates **501301-21**



**American Red Cross**  
**ADULT AND PEDIATRIC**  
**FIRST AID/CPR/AED**  
**BLENDED LEARNING**  
**Adults & Teen (Ages 16+)**



*Sue Stadler, ARC Authorized Instructor*

This course will prepare you to recognize and care for a variety of first aid; breathing; and cardiac emergencies involving adults, children, and infants and meets OSHA/ workplace requirements. This is a blended learning course including an online portion and an instructor-led classroom skill session. The online portion must be completed prior to attending the in-class portion and must be taken on a PC or tablet with a high speed Internet connection. Allow approximately 2 hours 30 minutes to complete the online portion. Upon successful completion of this course you will receive a digital certificate for Adult and Pediatric First Aid/CPR/AED valid for two years. Students must bring proof of completion of online program in order to attend the hands-on session. Email must be provided at registration as link to online portion will be sent after the *Registration Deadline*.

- Tuesday / 1 Session 6:00-7:30 PM**
- February 23 **106115-01**  
*Registration Deadline: Friday, February 12*
  - April 27 **106115-02**  
*Registration Deadline: Friday, April 16*

Greenfield City Hall  
 Per option: \$75 (R) / \$95 (NR)



**American Red Cross**  
**BABYSITTERS TRAINING**  
**WITH PEDIATRIC CPR AND**  
**FIRST AID**  
**BLENDED LEARNING**  
**Youth (Ages 11-13)**



*Sue Stadler & Stephanie Walek, Certified Instructors*

Learn about the job of a babysitter in this course from effective supervision of children and infants; to choosing safe, age appropriate games and toys; to performing basic child-care skills such as diapering, feeding, and dressing. Discuss how to find and interview for a babysitting job and how to communicate effectively with parents. After completing the online classwork at home and bringing your online completion confirmation to class, you will practice and polish your CPR and First Aid skills. Learn to prevent emergencies by identifying safety hazards and how to provide care for common injuries such as burns, cuts, and bee stings, should they occur.

After attending this day long course, completing the online coursework, and checking off all the required skills, participants will receive the American Red Cross Babysitters Training (no expiration) and Pediatric CPR with First Aid (expires in 2 years) certifications. Class fee includes the American Red Cross certification fee (\$31), all class supplies and a binder with all class materials. Students must bring proof of completion of online program in order to attend the hands-on session. Email must be provided at registration as link to online portion will be sent after the *Registration Deadline*

- Saturday / 1 session 9:00 AM-4:00 PM**
- March 20 **106100-01**  
*Time Out: Tuesday, March 9*
  - May 22 **106100-02**  
*Time Out: Tuesday, May 11*

Greenfield City Hall,  
 Council Chambers Room 100  
 Per option: \$90 (R) / \$110 (NR)