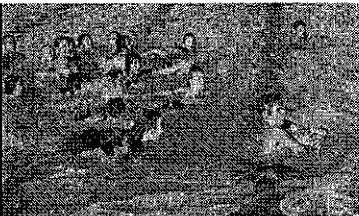


# Windom Swimming Pool

832-8136



**Tentative Opening Date is June 7<sup>th</sup>!!!**

## 2017 Pool Hours

### Open Swim Times:

Monday – Sunday 2:00-5:00 PM  
Tuesday & Thursday 6:30-8:30 PM  
Saturday 6:00-8:30 PM

### Adult Hour:

Monday – Thursday 5:00-6:00 PM  
Adults may do self-led aerobics, swimming or water walking. No instructor during this time.

### Family Swim:

Sunday 6:00-8:00 PM  
Monday, Wednesday, Friday 6:30-8:30 PM

### Teen Night Swimming:

Selected Thursdays 7:00-9:00 PM  
For ages 11+ come enjoy one night a month reserved for teens with music, games and fun!  
(June 22<sup>nd</sup>, July 13<sup>th</sup>, and August 3<sup>rd</sup>)

## 2017 Pool Rates

### Daily Rates:

Students & Adults: \$4.00  
Wading Pool/Non-Swimmers: \$1.00  
Family Swim: \$7.50

Save Money on Season Passes bought before May 31<sup>st</sup>.  
Season passes can also be purchased on-line.

### Season Passes:

Family: \$100 (After May 31<sup>st</sup> \$120)  
Individual: \$60 (After May 31<sup>st</sup> \$70)  
Wading Pool/Non Swimmer: \$25/person

### Aqua Zumba- Weekly

Tuesday & Thursday 5:15-6:00 PM  
Cost: \$5/class

### Swimming Lesson Fees:

\$35 Preschool Lessons - (Max. 6) 30 Minutes  
\$35 Group Lessons - (Max. 10) Levels 1-6  
\$45 Semi-Group Lessons - (max. 5) Levels 1-4  
\$55 Private - (5 - 30 Minute Lessons)

### Private Pool Rental:

\$100 minimum up to party of 40  
(Additional fee based on number in party/hour.)

**All registrations will be done on-line for both Summer Recreation & Swimming Lessons.**

### Dates Registration Begins:

Summer Recreation: Tuesday, April 11<sup>th</sup>      Swimming Lessons: Tuesday, April 25<sup>th</sup>

To Register for Summer Recreation and Swimming Lessons on-line:

1. Go to the City of Windom's website at: [www.windom-mn.com](http://www.windom-mn.com)
2. Click on "Recreation Registration" listed in the Recreation Box on the bottom right side.
3. Click on "Recreation Registration" in the grey box on the left. (If you have not signed up on-line before, you will need to choose "Create Account" first.)

Walk-in and mailed registrations will be processed as time permits.

**\*\*Any recreation registrations received after May 15<sup>th</sup> will result in a \$15 late fee.\*\***

## MEDICAL RELEASE & HISTORY FORM

Student Name: \_\_\_\_\_ Age & Birthday: \_\_\_\_\_

Address: \_\_\_\_\_ City, ST & Zip: \_\_\_\_\_

Legal Guardian: \_\_\_\_\_

Address (if different from above): \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_ Work: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

In the event a guardian cannot be reached, who else may we phone in case of an emergency:

Name	Phone	Relationship
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Family Physician: \_\_\_\_\_

### MEDICAL HISTORY: Has the above named student experienced any of the following?

- Hearing impairment or chronic ear problems    Heart Condition    Sight Impairment    Loss of consciousness  
 Any other medical concerns (Please attach a separate note of explanation.)

I (we) authorize emergency medical treatment necessary to insure the well being of the above named child by qualified medical & emergency personnel.

Signature(s) \_\_\_\_\_ Relationship \_\_\_\_\_ Date \_\_\_\_\_

## Swimming Lessons

The Windom Pool offers the American Red Cross, Learn to Swim Program that follows a six level approach to learning strokes and water safety. All classes are taught by one certified Red Cross Water Safety Instructor.

### **Parent & Child: Introduction to Water (Ages 6 months to 3 Years) An adult must be with the child.**

Parents and children learn together to increase a child's comfort level in the water and build foundation of basic skills, such as arm and leg movements and breath control. **Fee: \$25**

### **Preschool Aquatics (Ages 3-5 Year Olds)**

**Level 1:** Orients children to the aquatic environment and help them gain basic aquatic skills. Instructor will help the student develop more comfort in and around the water. **Fee: \$35**

**Level 2:** Helps children start to gain basic swimming propulsive skills to be comfortable in and around water; while helping develop more independence throughout. **Fee: \$35**

### **Level One: Introduction to Water Skills**

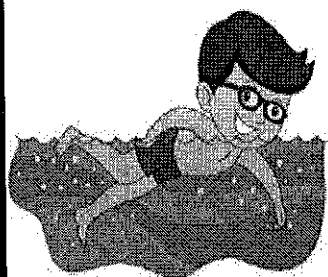
Helps students develop positive attitudes, good swimming habits, and safe practices around the water.

### **Level Two: Fundamental Aquatic Skills**

Level Two gives students success with fundamental skills and learn to float without support. Learn basic self-help rescue skills.

### **Level Three: Stroke Development**

Building on the skills in Level 2 through guided practice in deeper water. Students learn to coordinate front crawl and elementary backstroke.



#### **Information Lines:**

A recorded message will give all information daily about whether or not an activity will be held.

#### **Swimming Pool:**

507-832-8136

#### **Parks & Recreation:**

507-831-6124

### **Level Four: Stroke Improvement**

Level Four develops confidence in strokes learned thus far and improve other aquatic skills. Introduce back crawl, breast stroke, sidestroke and beginner lap swimming habits.

### **Level Five: Stroke Refinement**

Coordination and refinement of the key strokes. Increase swim distance through strength and endurance.

### **Level Six: Swimming and Skill Proficiency**

The objective of Level Six is to polish strokes so students swim with more ease, efficiency, power, and smoothness over greater distances.

### **Junior Lifeguard: (Ages 11-14)**

Participants must be able to swim 500 yards continuously. This program will teach water safety and the duties/responsibilities of a lifeguard. This program does not certify anyone to become and lifeguard. **Fee \$45.**

### **Group Options for Lessons**

#### Group Lessons (Levels 1-6):

A full group class with the potential of 10 students to one water safety instructor.

Group Lesson Fee = \$35

#### Semi-Group Lessons (Levels 1-4):

A small group class with a maximum of five students to one water safety instructor. The smaller group environment will create more one-to-one encounters with students and instructor throughout the session.

Semi - Group Lesson Fee = \$45

#### Private Lessons:

A one student to one water safety instructor ratio. All private lessons are 30 minutes but allow for quality instruction to the individual's needs. Private lessons could include any of the following:

- Red Cross Learn to Swim Program
- Adult Lessons – these lessons are for adults who have never learned how to swim or who would like to improve their strokes. If interested, please contact a staff member at the pool.
- Fitness/Training/Personal Goal Setting Program
- Adaptive Swimming Lessons – Please leave a message for Sam Baloun, Pool Manager at 832-8136.

## Windom Swimming Lesson Levels & Times

**ALL SWIMMING REGISTRATIONS WILL BE DONE ON-LINE** Beginning Tuesday, April 25th. Registrations will be on a first come first serve basis. Fill in the blanks below with your preferred lesson time. Priority for lessons will be given to on-line registrants. **ALL registrations received in the mail will be processed beginning Tuesday, May 2nd.** There will be **NO** early registrations.

If you are registering more than one child, please complete a registration form and Medical Release for each student.

**REFUND POLICY:** Parents taking their child out of lessons after the first day will receive a refund of \$25 for group lessons and \$30 for semi-group lessons. All refund requests must be made prior to the second lesson.

If you have questions concerning the level you wish to register, contact Al Baloun at 831-6122 between 9:00 AM-4:30 PM.

Session 1		Session 2		Session 3		Session 4		Junior Lifeguard	
June 12-16		June 22-23		July 6-7		July 17-21		Monday-Friday	
June 19-20		June 26-29		July 10-13		July 24-25		9 AM - 11 AM	
Make Up: June 21st		Make Up: June 30th		Make Up: July 14th		Make Up: July 26th		July 10-14;	
* Denotes Semi-Group Class		* Denotes Semi-Group Class		* Denotes Semi-Group Class		* Denotes Semi-Group Class		July 17-21;	
10:00-10:55am		10:00-10:55am		10:00-10:55am		10:00-10:55am		July 24-26	
Level 1		Level 2*		Level 2		Level 1		Fee: \$ 45	
Level 2*		Level 3*		Level 3		Level 2*			
Level 3*		Level 4*		Level 4		Level 3*			
Level 4*		Level 5		Level 5		Level 4*			
Level 6		Level 6		Level 6		Level 6			
11:00-11:55am		11:00-11:55am		11:00-11:55am		11:00-11:55 am			
Level 1 *		Level 1		Level 1*		Level 2			
Level 2*		Level 2		Level 2		Level 3*			
Level 3*		Level 3*		Level 3*		Level 4*			
Level 5		Level 5		Level 4*		Level 5			
12:00-12:55pm		12:00-12:55pm		12:00-12:55pm		12:00-12:55 pm			
Preschool 1 (12:00)		Preschool 1 (12:00)		Preschool 1 (12:00)		Preschool 1 (12:00)			
Preschool 2 (12:30)		Preschool 2 (12:30)		Preschool 2 (12:30)		Preschool 2 (12:30)			
Level 2		Level 1*		Level 1		Level 1*			
Level 3		Level 3		Level 2*		Level 2			
Level 4*		Level 4		Level 3		Level 3*			
1:00-1:55pm		1:00-1:55pm		1:00-1:55 pm		1:00-1:55 pm			
Level 1		Preschool 1 (1:00)		Preschool 2 (1:00)		Level 1			
Level 2		Level 1		Level 1		Level 2			
Level 3		Level 2		Level 2		Level 3			
Level 4		Level 3		Level 3		Level 4			
5:00-5:55pm		5:00-5:55pm		5:00-5:55pm		5:00-5:55 pm			
Level 1		Level 1		Level 1		Level 1			
Level 2		Level 2		Level 2		Level 2			
Level 3 *		Level 4		Level 4		Level 3*			
6:00-6:30pm		6:00-6:30pm		6:00-6:30 pm		6:00-6:30 pm			
Preschool 1		Preschool 1		Preschool 1		Preschool 1			
Preschool 2		Preschool 2		Preschool 2		Preschool 2			
Parent & Child		Parent & Child		Parent & Child		Parent & Child			

**Fees:**  
 \$35 Preschool Lessons (Max. 6) 30 Minutes Time = (start time)  
 \$35 Group Lessons (Max. 10) Levels 1-6  
 \$45 Semi-Group Lessons (max. 5) Levels 1-4  
 \$55 Private (5 - 30 Minute Lessons)

**To Register for Summer Swimming Lessons on-line:**

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 Click on "Recreation Registration" in the grey box on the left. (If you have not signed up on-line before, you will need to choose "Create Account" first.)

**ALL swimming registrations received in the mail will be processed beginning Tuesday, May 2nd.**