

### COMMUNITY CENTER COVID19 OPERATIONS:

COVID19 safety protocol is being enforced when utilizing the Community Center. Everyone entering the building will be required to wear masks.

### Swim Lesson Descriptions

**Parent & Tot:** (6 months – 2 years) This class gives adult caretakers a chance to interact with children in the water while leading them through fun water activities. This class focuses on water acclimation and basic skills. The goal is to acquaint kids to the water with parental assistance. An adult must accompany each child.

**Tadpoles:** (Age 3) Class is designed for the young swimmer wanting to learn aquatic skills independent of caretaker. This class teaches beginner skills while increasing swimmers' comfort in the water. Pre-requisites: Children must be able to be in a class setting in the pool and follow an instructor's directions.

**Level 1:** (Age 4 or passed Tadpoles) Class teaches children to be comfortable submerging their heads in the water. This level also includes practicing: front float with face in the water and with support, back float with support, roll from front float to back float and back float to front float with support, front and back glides with support, paddling on front with face in the water with support and paddling on back with support.

**Level 2:** (passed Level 1) Level similar to Level 1 but will provide practice of completing skills independently and with increased distance. Freestyle and backstroke will be completed independently. All glides and floats on front and back will be completed independently as well. Pre-requisites: Front float with face in water with support, back float with support, roll from front float to back float and back float to front float with support, paddling arms and legs on front and back with support, paddling on front with face in water.

**Level 3:** (passed Level 2) Level includes increased distance of freestyle and backstroke as well as front glide and back glide. Elementary backstroke arms and legs and breaststroke arms are introduced in this level and completed independently. Also, rolling from front to back while gliding will be taught. Pre-requisites: Front and back float independently, front and back glide 10 feet independently, roll from front.

float to back float and back float to front float independently, swim freestyle and backstroke 10 feet independently.

**Level 4:** (passed Level 3) Level continues increasing distance for freestyle and backstroke to 10 yards. Rotary breathing for freestyle is introduced in this level along with dolphin kick, and breaststroke. Elementary backstroke arms and legs are put together for the first time in this level. Pre-requisites: Freestyle and backstroke 15 feet, elementary backstroke arms independently, elementary backstroke legs independently, breaststroke arms, and rolling from front to back while gliding.

**Level 5:** (passed Level 4) Level continues increasing endurance for freestyle, backstroke, and elementary backstroke to 15 yards. Diving, sidestroke, butterfly arms, breaststroke arms and legs together and treading water are all introduced in this level. Pre-requisites: Freestyle with rotary breathing 10 yards, backstroke 10 yards, elementary backstroke with arms and legs together, dolphin kick and breaststroke kick.

**Level 6:** (passed Level 5) Level is the final level on our program. This class will continue building endurance for freestyle, backstroke, breaststroke, elementary backstroke and sidestroke. Butterfly arms and legs will be put together. Other introduced skills will be flip turns, surface dive (fully submerged), long dive with a glide of 2 body lengths and then swim, compact dive. Pre-requisites: Freestyle 15 yards, tread 30 seconds, backstroke for 15 yards, breaststroke 15 yards, open turn, elementary backstroke 15 yards and butterfly arms.

### Private Swim Lesson Description

Private lessons are held on Tuesdays or Thursdays and are 30 minutes in length.

[Schedule, fees, and more information continued on reverse side.](#)

**Registration Dates: Registration begins May 17 for residents for the June 14 session and May 19 for non-residents and is available first come, first served, on-line beginning at 6am. Registration for June 28 session and all July sessions will begin June 7 for residents and June 9 for non-residents, first come, first served, on-line beginning at 6am.**

We are planning the return of swim lessons with safety in mind. Parents will not be required to be in the water with the exception of the Parent-Tot class. Class sizes will be reduced to ensure participant and instructor safety. While in water, we will try our best to promote distance between participants. We ask that you arrive with swimsuit on under clothes as we will have limited changing space available.

### Group Swim Lesson Schedule

Group swim lessons are held on Monday & Wednesday evenings and weekday mornings Monday – Thursday.

Levels	Days	Dates	Time	Fee
All Levels	Mon & Wed	6/14 – 7/7	4:30, 5:25, 6:20, 7:15 pm	Residents \$30.00, Non-res \$35.00
All Levels	Mon & Wed	7/12 – 8/4	4:30, 5:25, 6:20, 7:15 pm	Residents \$30.00, Non-res \$35.00
All Levels	Mon – Thurs	6/14 – 6/24	8:30, 9:15, 10:00, 10:45 am	Residents \$30.00, Non-res \$35.00
All Levels	Mon – Thurs	6/28 – 7/8	8:30, 9:15, 10:00, 10:45 am	Residents \$30.00, Non-res \$35.00
All Levels	Mon – Thurs	7/12 – 7/22	8:30, 9:15, 10:00, 10:45 am	Residents \$30.00, Non-res \$35.00
All Levels	Mon – Thurs	7/26 – 8/5	8:30, 9:15, 10:00, 10:45 am	Residents \$30.00, Non-res \$35.00

### Private Swim Lesson Schedule

Private Lessons are held on Tuesdays, Thursdays or Saturdays. Tadpoles, Levels 1-3 will require a parent in water with child. Levels 4-6 do not require a parent in water.

Levels	Days	Dates	Time	Fee
All Levels	Tues	6/15 – 7/6	4:40, 5:15, 5:50, 6:25 pm	Residents \$52.00, Non-res \$57.00
All Levels	Tues	7/13 – 8/3	4:40, 5:15, 5:50, 6:25 pm	Residents \$52.00, Non-res \$57.00
All Levels	Thurs	6/17 – 7/8	4:40, 5:15, 5:50, 6:25 pm	Residents \$52.00, Non-res \$57.00
All Levels	Thurs	7/15 – 8/5	4:40, 5:15, 5:50, 6:25 pm	Residents \$52.00, Non-res \$57.00

### Recreational Swim Team

Recreational Swim Team will practice on Thursday mornings OR Thursday evenings for an hour. The requirements to join is to swim 1 length backstroke 1 length freestyle.

Time: 8:55am-9:55am; OR 8:00pm-9:00pm

SI: AM & PM: 6/17 – 7/8	Fee: Residents \$16.00, Non-res \$21.00
SII: AM & PM: 7/15 – 8/5	Fee: Residents \$16.00, Non-res \$21.00

**Questions may be directed to AQ Supervisor at 319-626-5707. Please be patient, as we are not taking any in-person inquiries during the pandemic. Leave name and number for us to call back, thank you.**

### Refund and Make-up Policy

Monday and Wednesday evening lessons will make up a missed lesson the Friday following the missed class at the originally scheduled time, no refunds will be given. Monday – Thursday lessons will not make up a missed lesson and a credit will be applied to account. The indoor pool will not be an option for inclement weather this summer.

Tuesday and Thursday private lessons will not make up a missed lesson and a credit will be applied to your NLRC account.

Requests for program/class refunds or transfers must be made at least three business days prior to the first meeting between the hours of 8 a.m. and 5 p.m.

Refunds for health reasons may be considered if they occur seven days prior to or during a session/class. Copy of a doctor's excuse with date of incident is required. Credits may be applied to your NLRC account. Refunds are processed through City Hall and will be mailed to you; please allow 3 to 4 weeks.