

PARKS & RECREATION



Aquatic Guide
FALL/WINTER/SPRING 2024-2025



515.239.5350 | WWW.AMESPARKREC.ORG

PARKS AND RECREATION MISSION STATEMENT

TO ENRICH LIVES BY PROVIDING EXCELLENT PARKS, FACILITIES
AND PROGRAMS FOR CURRENT AND FUTURE GENERATIONS.

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VISIT US ON FACEBOOK

- Ames Parks and Recreation
- Furman Aquatic Center
- Ames City Auditorium & Durham Bandshell
- Ames/ISU Ice Arena



**VIEW FACILITY SCHEDULE/HOURS AT
WWW.CITYOFAMES.ORG/PRCALENDARS**

REGISTRATION OPPORTUNITIES

WWW.AMESPARKREC.ORG

ONLINE- You may register at any time online with your Household ID. To obtain a Household ID go to our website at www.amesparkrec.org. Click on "Program Guide and Login Request"; then click on "Request a Household ID". Fill in the information and your Household ID will be emailed to you. You can also obtain a Household ID by calling the Parks and Recreation Office at 515-239-5350.

CALL- Community Center, 515-239-5350

DROP OFF - A registration form may be placed in a drop box on the east side of city hall, 515 Clark Ave.

MAIL- A registration form may be mailed to Ames Parks & Recreation, 515 Clark Ave., Ames, IA 50010

WALK-IN- Register in person at the Community Center, 515 Clark Ave.

WAIT-LIST

Be sure to list a first and second choice on registration forms that are mailed, faxed or dropped off. If your first choice is full, we will automatically place you in your second choice. If your second choice is full or if no second choice is listed, we will place you on the wait-list for your first choice. You must pay the full class fee to be placed on the waiting list. We will contact you if an opening occurs and will transfer you into the class. If an opening does not occur, fees paid will be placed as a credit on your account.

REGISTRATION DEADLINES

Classes may be cancelled, combined, or modified based on registrations received by the suggested registration date. Class fees will not be prorated due to late registration. Registration deadline for all swim lessons and aquatic certification classes is one week prior to the begin date.

CANCELLATIONS/INCLEMENT WEATHER

Please call 515-239-5434 or check the Ames Parks and Recreation Facebook page for cancellations or changes. Weather related cancellations will be posted at least one hour before a program starts. However, weather conditions may change and decisions may be made at the program site. If sudden threatening weather conditions occur, please pick up your children immediately.

GIFT CARDS

Gift cards are available and can be used for admission or concessions at our facilities or for registration in any of our programs. Please stop in and let us make your special occasion shopping easy! Gift cards can be purchased at the Community Center, Ames ISU Ice Arena, Homewood Golf Course, and Furman Aquatic Center and reloaded by calling 515-239-5350.

NEW AQUATICS REFUND POLICY

Due to Red Cross required class minimums, participants cancelling enrollment in swim lessons or aquatic certification courses prior to the registration deadline, one-week prior to the class start date, will receive a refund/credit. Any cancellations after the registration deadline will not be refunded and/or credited. Credit and/or refunds may be given due to medical or unforeseen circumstances on a case-by-case basis. Staff will attempt to reschedule cancelled daily activities, but refunds/credits will not be given if a makeup date is not possible. Household credits will be automatically issued to participants in classes cancelled by Parks and Recreation staff. For refunds and/or credits, please call 515-239-5350.

Please note: Photos and videos may be taken during program activities which may be used for future department promotional materials.

AMERICANS WITH DISABILITIES ACT/ INCLUSIVE RECREATION SERVICES

The Americans with Disabilities Act (ADA) prohibits discrimination on the basis of disability. In addition, the ADA requires that all citizens be given the opportunity to recreate in the "most integrated setting."

Individuals with disabilities are encouraged to recreate with their peers by registering for any activity offered by the Ames Parks and Recreation Department. Reasonable modifications are provided to enable an individual's successful participation in a program.

SCHOLARSHIP PROGRAM

WWW.AMESPARKREC.ORG

THE AMES PARKS AND RECREATION DEPARTMENT OFFERS SCHOLARSHIP FOR RECREATION PROGRAMS BASED ON THE FOLLOWING CRITERIA.

- 1** Recipient must be a resident of the City of Ames. A resident is defined as residing within the city limits of Ames or a non-resident who owns a business or property within those limits and pays property taxes to the City of Ames.
- 2** Youth (ages 4-13) are eligible.
- 3** Family income must coincide with guidelines as predetermined by Mid-Iowa Community Action (MICA).
- 4** Each youth receives up to \$60 dollars in assistance each calendar year. Each youth pays 50% of the program registration fee while the remaining 50% of the registration fee is forgiven through the scholarship.
- 5** To register, the head of household must submit their portion of the activity registration fee and the "Certification Form" issued by MICA. Basketball, Dance, Golf, Gymnastics, Soccer, Swim Lessons (group), T-Ball, Tae Kwon Do, Tennis, Summer Camp, and Volleyball all qualify for scholarship registration.



If you would like to contribute to the scholarship fund so others have an opportunity to participate, please contact Courtney Kort, Recreation Superintendent, courtney.kort@cityofames.org

GENERAL DESCRIPTIONS AND INFORMATION

AMERICAN RED CROSS SWIMMING LESSONS: To ensure the best learning experience for your child, and more importantly, their safety, please carefully review the skill levels for each class. Your child must be proficient in all the skills listed in a lower level before being registered for a higher level. Should pool staff determine your child is not in the appropriate level, your child will be asked to move to a different class, if available. If no class is available, your child might not be able to continue in lessons at that time.

Children must be the minimum age by first day of class.

Parent Child Level 1	Ages 6 – 18 months
Parent Child Level 2	Ages 18 months – 3 years
Preschool Level 1 – 3	Ages 3 – 5 years (with a tot dock for height assistance)
LTS Level 1 – 3	Ages 5 – 12 years
LTS Level 4 – 5	Ages 5 – 12 years
Teen Swim	Ages 13 – 16 years
Adult Swim	Ages 16 years and up

Session Dates:

Swim lessons are held on Sunday mornings.

Session 1: September 29 - November 17

Session 2: January 19 – March 9

Session 3: March 30 – May 25 (No classes on Sunday, April 20 due to holiday)

REGISTRATION DEADLINE FOR ALL SWIM LESSON CLASSES IS ONE WEEK PRIOR TO THE BEGIN DATE.

LOCATION: ISU STATE BLDG, ISU STATE POOL (STATE BLDG 1180, ISU CAMPUS) 2624 UNION DR.

LESSON INFORMATION

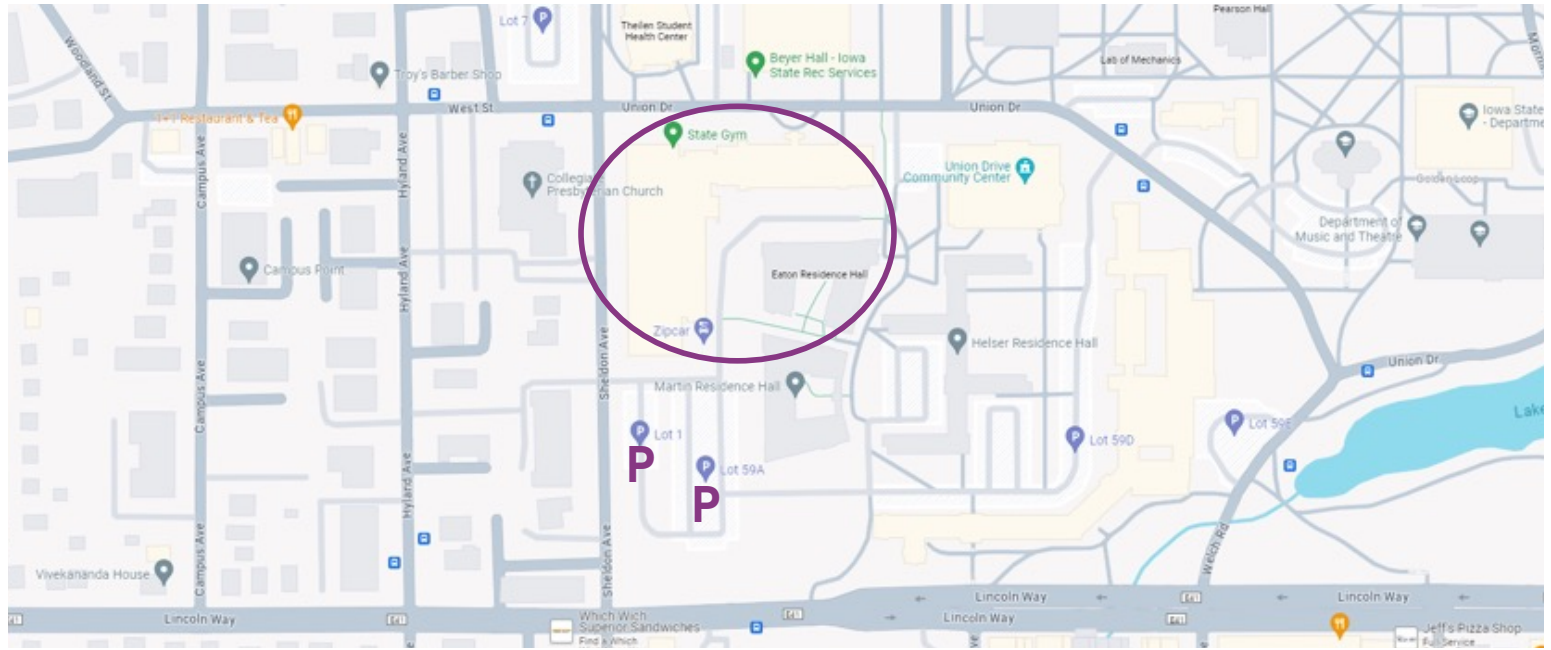
Swim lessons are very important as they not only teach individuals how to swim, but also how to be safe around water. To increase the success of each participant, it is imperative that individuals are enrolled in the correct class. Carefully review the skills for each level before registering to determine whether the participant is proficient or not with each of the skills listed. Having individuals in the appropriate class is best for all participants as they will learn and/or review skills rather than becoming frustrated because they are not in the right class. Please follow the directions below to ensure your child is enrolled in the appropriate level.

- Please read through the descriptions of the swim classes.
- Note the age restrictions for each level. Make sure that your child fits the ages for the specific level you want to register them into.
- Under the description of the class, the list of skills is what your child will learn at this level.
- If your child has passed the previous level RECENTLY and has continued to practice their skills, then register them for the next level. If your child has passed the previous level and has not been in the water to practice, it is possible that they have lost and/or forgotten some of the skills learned.
- If your child can do everything proficiently in that level, move to the next level.
- Read the level descriptions. If your child is proficient at all skills listed register for the next level up. For example; if they are 4 years of age and cannot front float and back float with the support of a noodle, but can do it with the support of a teacher, they should enroll in preschool level 2.
- If your child is enrolled in the incorrect level, we will do everything we can to move them to the appropriate level. This may mean a different time, session and/or both. If we cannot move them, no refund will be given.
- If you have questions, contact the Aquatics Manager at leann.hawk@cityofames.org.

HELPFUL HINTS FOR SWIMMING LESSONS

Helpful Hints for Swimming Lessons during the Fall, Winter and Spring:

- Your lessons will be held at the ISU State Gym. Below is a map on the location.
On Sunday mornings there will be FREE parking in the lots 1 and 59A, directly south of the building.



- Children will not be able to enter the building without being accompanied by an adult.
- Do not arrive more than 10 minutes prior to your lesson start time. There really is no place to sit and wait for your lesson to begin. Ten minutes will be plenty of time to park, get checked in and dress. If you have more than one child in lessons at different times, they will need to wait in the pool area with an adult.
- You will not be able to use other facility amenities unless you have a membership. You can ask at the front desk about membership and being ISU affiliated.
- You will be expected to stay in the pool area (and not allowed in the water or hot tub) during your child's lesson. There is limited seating. You are welcome to bring in a small folding chair to use while you are at the lessons in the pool area. The pool area is very warm, so dress accordingly. You will not be able to watch the lesson outside of the pool area. All seating and viewing areas will be along the walls and not near pool edges.
- No food or drink is allowed in the pool area and/or locker rooms.
- Once you arrive on the first day, you will need to sign the ISU Waiver Form and will receive a pass to show each day at the front desk for admission to the pool area for lessons. Please have this pass with you each day during the lessons for admission. Please return the pass on the last day of lessons.
- On the first day, we will give you a map to find your child's class in the pool area. Follow the map and look for the instructor holding up the sign with your child's class and swim level. After the first day, have your child meet at this spot each day. No child is allowed in the water until the instructor allows.
- Please have your child already dressed in their swimming suit (except children in swim diapers). This will make the changing process easier. ISU only has two family locker rooms. We strongly encourage all changing to occur in the specific gender locker room, and rinse off in the shower prior to coming into the pool area.
- Children who are not toilet trained MUST have on a swim diaper and tight fitting swimming apparel over the swim diaper. You can dress them appropriately for swimming once you arrive.
- No towels, swim diapers, or swim apparel will be provided.
- You can shower and dress your child after the lesson.
- It is suggested that you have a large bag to store all your items in and bring it out to the pool area during the lesson for ease and convenience.
- Please take note that there are no goggles allowed in parent and child, preschool, and learn to swim levels 1 and 2.
- The lesson coordinator will blow the whistle indicating 5 minutes left of the lesson. This is a good time to gather up your belongings and prepare to leave the pool area. There is 5 minutes between the lessons and you are welcome to talk to your child's instructor during this time to check on your child's progress. If you need more information or help, please speak to the lesson coordinator.

LESSON DESCRIPTIONS

PRIVATE LESSON (AGES 6 AND UP)

Private lessons are designed to assist students who require a more individualized learning program. Keep in mind that most students will learn best in an environment with their peers. These are one-on-one lessons tailored to the individual student. These are not American Red Cross lessons and may not follow the strict requirements of American Red Cross courses. No American Red Cross certifications will be given out in private lessons. At the first class the instructor will evaluate the student's swim abilities and come up with a plan of action with the support from the parent/guardian on skills to work on during the private lessons. Each set of private lessons will be 8 consecutive Sundays, following the group session date. Rescheduling of private lessons will only be done for medical reasons with at least a 24-hour notice.

To be put on the list for private lessons, please go to [PRIVATE SWIM INTEREST LIST](#). Once the information has been received, we will contact you with specific available dates and times.

Note: Days of the week and times available will only be Sunday mornings.

FEES:

Resident \$296 for 8 (30-minute) lessons. (\$31 per lesson)

Non-Resident \$416 for 8 (30-minute) lessons. (\$52 per lesson)

PARENT CHILD SWIM LEVEL 1 (AGES 6 MO. – 18 MO.)

Enjoy the water with your child. This class emphasizes parental teaching methods for water adjustment and basic skills designed for your child's developmental skills. This class will focus on safety and how to help keep your child safe in and around the water. We will not force a child to submerge in the water. An adult must be present in the water with each child throughout the entire class time. Swim diapers are required.

Minimum Class Size: 5 pairs; Maximum: 10 pairs

Ratio: 1 instructor to 10 pairs (parent adult and child)

PARENT CHILD SWIM LEVEL 2 (AGES 18 MO. – 3 YRS.)

Enjoy the water with your child. This class emphasizes parental teaching methods for water adjustment and basic skills designed for your child's developmental skills. This class will focus on safety and how to help keep your child safe in and around the water. We will not force a child to submerge in the water. An adult must be present in the water with each child throughout the entire class time. Swim diapers are required.

Minimum Class Size: 5 pairs; Maximum: 10 pairs

Ratio: 1 instructor to 10 pairs (parent adult and child)



PRESCHOOL LEVEL 1 (AGES 3 - 5)

Orients children to the aquatic environment and helps them gain basic aquatic skills.
No pre-requisite skills required to register for this level.

Note: All skills may be performed with support from the instructor at this level.

NO GOGGLES ALLOWED.

Your child will learn the following skills with support from the instructor.

- Enter and exit water using ladder, steps, or side.
- Blow bubbles through mouth and nose for 3 seconds.
- Submerge mouth, nose, and eyes.
- Open eyes under water and retrieve submerged objects in shallow water.
- Front and back glides 2 body lengths and recover to a vertical position.
- Front and back float for 3 seconds and recover to a vertical position.
- Roll from front to back and back to front.
- Tread with arm and hand actions.
- Alternating and simultaneous leg actions on front and back.
- Alternating and simultaneous arm actions on front and back.
- Combined arm and leg actions on front and back.
- Complete the series of skills with support. Enter the water independently, using steps or side, travel at least 5 yards, submerge to mouth and blow bubbles, then safely exit the water.

Minimum Class Size: 2; Maximum: 4

Ratio: 1 instructor to 4 children with a tot dock for height assistance

PRESCHOOL LEVEL 2 (AGES 3 - 5)

Helps children gain a greater independence in their skills and develop more comfort in and around water.

PREREQUISITE: The ability to perform all skill listed in Preschool Level 1 with proficiency and support from an adult.

Note: All skills are to be completed with minimal support from equipment (such as a noodle or barbell).

NO GOGGLES ALLOWED.

Your child will learn the following skills with support from equipment such as a noodle or barbell at this level.

- Enter water by stepping into shoulder deep water
- Exit water using ladder, steps, or side
- Bobbing 5 times
- Open eyes under water and retrieve submerged objects in chest deep water (goggles are not used)
- Front and back floats (3 seconds on front 5 seconds on back) and glides (2 body lengths)
- Recover from a front or back float or glide to a vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back (3 body lengths)
- Finning arm action on back (3 body lengths)
- Complete the series of skills with minimal assistance. Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position.
- Complete the series of skills with minimal assistance. Glide on back for at least 2 body lengths, roll to front, and then recover to a vertical position.
- Complete the series of skills with minimal assistance. Swim using combined arm and leg actions on front for at least 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for at least 3 body lengths.

Minimum Class Size: 2; Maximum: 4

Ratio: 1 instructor to 4 children with a tot dock for height assistance

PRESCHOOL LEVEL 3 (AGES 3 - 5)

Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

PREREQUISITE: The ability to perform all skills listed in Preschool Level 2 with proficiency using equipment such as a barbell or noodle (not a puddle jumper or life jacket).

Note: All skills are to be completed independently at this level.

NO GOGGLES ALLOWED.

Your child will learn the following skills independently at this level.

- Enter water by jumping into shoulder deep water
- Fully submerge and hold breath for 10 seconds
- Bobbing 10 times in chest deep water
- Front, jellyfish and tuck floats for 10 seconds
- Recover from a front or back float or glide to a vertical position
- Back float (15 seconds) and glide (3 body lengths)
- Change direction of travel while swimming on front or back
- Tread water for 30 seconds in shoulder deep water
- Combined arm and leg actions on front and back for 5 body lengths
- Finning arm action on back for 5 body lengths
- Complete the series of skills independently. Step from the side into chest deep water, push off the bottom, move into a treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
- Complete the series of skills independently. Move into a back float for 15 seconds, roll to front, and then recover to a vertical position.
- Complete the series of skills independently. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, continue swimming for 5 body lengths.

Minimum Class Size: 2; Maximum: 4

Ratio: 1 instructor to 4 children with a tot dock for height assistance

LEARN TO SWIM LEVEL 1 (AGES 5 - 12)

INTRO TO AQUATIC SKILLS

Helps participants feel comfortable in the water.

No pre-requisite skills required to register for this level.

NO GOGGLES ALLOWED. NO TOT DOCKS ARE AVAILABLE FOR THIS LEVEL; POOL DEPTH IS 3'6".

Your child will learn the following skills at this level.

- Enter and exit water using ladder, steps, or side independently
- Blow bubbles through mouth and nose independently
- Bobbing independently
- Open eyes under water and retrieve submerged objects independently (goggles are not used)
- Front and back glides and floats independently
- Recover to vertical position independently
- Roll from front to back and back to front independently
- Tread water using arm and hand actions with minimal support in should depth water.
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back.

Upon successful completion of all skills in this level, advance to Level 2.

Minimum Class Size: 3; Maximum: 6

Ratio: 1 instructor to 6 children no tot dock available, pool depth is 3'6"

LEARN TO SWIM LEVEL 2 (AGES 5 - 12)

FUNDAMENTAL AQUATIC SKILLS

Gives participants success with fundamental skills.

PREREQUISITE: The ability to perform all skills listed in Learn to Swim Level 1 or Preschool Level 3 are required for this level.

NO GOGGLES ALLOWED.

Your child will learn the following skills at this level; along with building proficiency of skills learned in level one.

- Front, jellyfish and tuck floats independently
- Change direction of travel while swimming on front and back independently
- Tread water using arm and leg actions independently
- Combined arm and leg actions on front and back independently
- Finning arm action independently

Upon successful completion of all skills in this level, advance to Level 3A.

Minimum Class Size: 3; Maximum: 6

Ratio: 1 instructor to 6 children

LEARN TO SWIM LEVEL 3A (AGES 5 - 12)

STROKE DEVELOPMENT

Builds on the skills in Level 2 through additional guided practice in deeper water.

PREREQUISITE: The ability to perform all skill listed in Learn to Swim Level 1 and 2 to proficiency are required for this level.

GOGGLES ARE ALLOWED.

Your child will learn the following skills at this level; along with building proficiency of skills learned in Level 2:

- Bobbing while moving toward safety successfully and independently
- Jump from side in deep water, fully submerge, then recover to the surface and return to the side.
- Rotary breathing 15 times.
- Survival float successfully and independently for 30 seconds.
- Back float successfully and independently for minimum of 30 seconds
- Change from vertical to horizontal position on front and back successfully and independently
- Tread water for minimum of 30 seconds successfully and independently
- Push off in streamlined position on front and back and flutter kick 3-5 body lengths.
- Front crawl and elementary backstroke minimum of 15 yards successfully and independently
- Jump into deep water from the side, recover, tread water for 30 seconds and swim to side of the pool.
- Push off in a streamlined position, swim front crawl for 15 yards, change direction and swim 15 yards elementary backstroke.

Upon successful completion of all skills in this level, advance to Level 3B.

Minimum Class Size: 3; Maximum: 6

Ratio: 1 instructor to 6 children

LEARN TO SWIM LEVEL 3B (AGES 5 - 12)

STROKE DEVELOPMENT

Builds on the skills in Level 3A through additional guided practice in deeper water.

PREREQUISITE: The ability to perform all skills listed in Learn to Swim Level 1, 2, and 3A to proficiency are required for this level.

GOGGLES ARE ALLOWED.

Your child will learn the following skills at this level; along with building proficiency of skills learned in Level 3A:

- Headfirst entries from the side in sitting and kneeling positions successfully and independently (Provided pool depth is at least 9-feet)
- Survival float for 1 minute successfully and independently.
- While in a vertical position, rotate 1 full turn in deep water.
- Tread water for minimum of 1 minute successfully and independently
- Flutter, scissor, dolphin and breaststroke kicks on front / side minimum 15 yards successfully and independently
- Front crawl with rotary breathing and elementary backstroke minimum of 15 yards successfully and independently.
- Jump into the deep water from the side, recover, tread water for 1 minute, and rotate one full turn, swim front crawl and/or elementary backstroke for 25 yards.
- Push off in a streamlined position then swim front crawl for 15 yards, change position/direction as necessary, swim elementary backstroke for 15 yards.

Upon successful completion of all skills in this level, advance to Level 4.

Minimum Class Size: 4; Maximum: 8

Ratio: 1 instructor to 8 children

LEARN TO SWIM LEVEL 4 (AGES 5 - 12)

STROKE DEVELOPMENT

Develops confidence in the skills learned and improves other aquatic skills.

PREREQUISITE: The ability to perform all skills listed in Learn to Swim Level 1, 2, 3A, and 3B to proficiency are required for this level.

GOGGLES ARE ALLOWED.

Your child will learn the following skills at this level; along with building proficiency of skills learned in Level 3A and 3B:

- Headfirst entries from the side in compact and stride positions successfully and independently
- Swim under water minimum 5 body lengths successfully and independently
- Feet-first surface dive successfully and independently (Provided pool depth is at least 9-feet)
- Survival swimming minimum 30 seconds successfully and independently
- Front crawl and backstroke open turns successfully and independently
- Tread water using 2 different kicks minimum of 2 minutes successfully and independently
- Front and elementary backstroke minimum 25 yards successfully and independently
- Back crawl, breaststroke, sidestroke and butterfly minimum of 15 yards successfully and independently
- Streamlined flutter and dolphin kicks on back minimum 3-5 body lengths successfully and independently.

Upon successful completion of all skills in this level, advance to Level 5.

Minimum Class Size: 5; Maximum: 10

Ratio: 1 instructor to 10 children

LEARN TO SWIM LEVEL 5 (AGES 5 - 12)

ADVANCED STROKE REFINEMENT

Provides further coordination and refinement of strokes.

PREREQUISITE: The ability to perform all skill listed in Learn to Swim Level 1, 2, 3A, 3B, and 4 to proficiency are required for this level.

GOGGLES ARE ALLOWED.

Your child will learn the following skills at this level; along with building proficiency of skills learned in Level 3A, 3B and 4:

- Shallow-angle dive from the side then glide and begin a front stroke successfully and independently
- Tuck and pike surface dives, submerge completely successfully and independently
- Front flip turn and backstroke flip turn while swimming successfully and independently
- Front and elementary backstroke minimum of 50 yards successfully and independently
- Back crawl, breaststroke, sidestroke and butterfly minimum of 25 yards successfully and independently
- Sculling successfully and independently.

Upon successful completion of all skills in this level, advance to competitive swimming.

Minimum Class Size: 5; Maximum: 10

Ratio: 1 instructor to 10 students

TEEN SWIM LESSON (AGES 13 - 16)

This class allows teens to work with their peers who want to learn to swim or improve their basic skill set. It is not designed for competitive swimmers or improvement on competitive strokes. The course will focus on basic skills such as front crawl, elementary backstroke, and treading water. It is designed to assist students getting to a comfortable skill level in deep water.

Minimum Class Size: 5; Maximum: 10

Ratio: 1 instructor to 10 children

ADULT LEARN TO SWIM (AGES 16 AND UP)

This course is designed for students with no or limited swimming ability. It is individualized to fit the students' needs and skill level. The instructor will spend time with each adult learner and give them things to practice while assisting other adult learners. The student should come to the class on the first day with goals of learning in mind to discuss with the instructor. Students may be partnered with other students to assist in the learning process. This class will begin in shallow water and advance toward deeper water as the student progresses.

Minimum Class Size: 5; Maximum: 10

Ratio: 1 instructor to 10 students



SWIM LESSON SCHEDULE

REGISTRATION DEADLINE FOR ALL SWIM LESSON CLASSES IS ONE WEEK PRIOR TO THE BEGIN DATE.

LOCATION: ISU STATE BLDG, ISU STATE POOL (STATE BLDG 1180, ISU CAMPUS) 2624 UNION DR.

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 SEP 29-NOV 17	SESSION 2 JAN 19-MAR 9	SESSION 3* MAR 30-MAY 25
Parent Child Level 1	SU	9:45-10:15 AM	\$82/\$97	2601121-SU1	3601121-SU1	4601121-SU1
Parent Child Level 2	SU	10:55-11:25 AM	\$82/\$97	2601122-SU3	3601122-SU3	4601122-SU3
Preschool Level 1	SU	9:45-10:15 AM	\$82/\$97	2601091-SU1	3601091-SU1	4601091-SU1
Preschool Level 1	SU	10:20-10:50 AM	\$82/\$97	2601091-SU2	3601091-SU2	4601091-SU2
Preschool Level 1	SU	10:55-11:25 AM	\$82/\$97	2601091-SU3	3601091-SU3	4601091-SU3
Preschool Level 1	SU	11:30 AM-12:00 PM	\$82/\$97	2601091-SU4	3601091-SU4	4601091-SU4
Preschool Level 2	SU	9:45-10:15 AM	\$82/\$97	2601092-SU1	3601092-SU1	4601092-SU1
Preschool Level 2	SU	10:20-10:50 AM	\$82/\$97	2601092-SU2	3601092-SU2	4601092-SU2
Preschool Level 2	SU	10:55-11:25 AM	\$82/\$97	2601092-SU3	3601092-SU3	4601092-SU3
Preschool Level 2	SU	11:30 AM-12:00 PM	\$82/\$97	2601092-SU4	3601092-SU4	4601092-SU4
Preschool Level 3	SU	9:45-10:15 AM	\$82/\$97	2601093-SU1	3601093-SU1	4601093-SU1
Preschool Level 3	SU	10:20-10:50 AM	\$82/\$97	2601093-SU2	3601093-SU2	4601093-SU2
Preschool Level 3	SU	11:30 AM-12:00 PM	\$82/\$97	2601093-SU4	3601093-SU4	4601093-SU4
LTS Level 1	SU	10:20-10:50 AM	\$82/\$97	260101-SU2	360101-SU2	460101-SU2
LTS Level 1	SU	10:55-11:25 AM	\$82/\$97	260101-SU3	360101-SU3	460101-SU3
LTS Level 1	SU	11:30 AM-12:00 PM	\$82/\$97	260101-SU4	360101-SU4	460101-SU4
LTS Level 2	SU	9:45-10:15 AM	\$82/\$97	260102-SU1	360102-SU1	460102-SU1
LTS Level 2	SU	10:20-10:50 AM	\$82/\$97	260102-SU2	360102-SU2	460102-SU2
LTS Level 2	SU	10:55-11:25 AM	\$82/\$97	260102-SU3	360102-SU3	460102-SU3
LTS Level 2	SU	11:30 AM-12:00 PM	\$82/\$97	260102-SU4	360102-SU4	460102-SU4
LTS Level 3A	SU	9:45-10:15 AM	\$82/\$97	260103A-SU1	360103A-SU1	460103A-SU1
LTS Level 3A	SU	10:20-10:50 AM	\$82/\$97	260103A-SU2	360103A-SU2	460103A-SU2
LTS Level 3A	SU	10:55-11:25 AM	\$82/\$97	260103A-SU3	360103A-SU3	460103A-SU3
LTS Level 3A	SU	11:30 AM-12:00 PM	\$82/\$97	260103A-SU4	360103A-SU4	460103A-SU4
LTS Level 3B	SU	9:45-10:15 AM	\$82/\$97	260103B-SU1	360103B-SU1	460103B-SU1
LTS Level 3B	SU	10:20-10:50 AM	\$82/\$97	260103B-SU2	360103B-SU2	460103B-SU2
LTS Level 3B	SU	10:55-11:25 AM	\$82/\$97	260103B-SU3	360103B-SU3	460103B-SU3
LTS Level 3B	SU	11:30 AM-12:00 PM	\$82/\$97	260103B-SU4	360103B-SU4	460103B-SU4
LTS Level 4	SU	9:45-10:15 AM	\$82/\$97	260104-SU1	360104-SU1	460104-SU1
LTS Level 5	SU	10:20-10:50 AM	\$82/\$97	260105-SU2	360105-SU2	460105-SU2
Teen Swim	SU	10:55-11:25 AM	\$82/\$97	260204-SU3	360204-SU3	460204-SU3
Adult Swim	SU	11:30 AM-12:00 PM	\$82/\$97	260200-SU4	360200-SU4	460200-SU4

* No Class: Sunday, April 20

BABYSITTER'S TRAINING COURSE

BABYSITTER'S TRAINING COURSE - This American Red Cross training course will provide youth (ages 11-16) planning to babysit with the knowledge and skills necessary to care for children and infants safely and responsibly. This training will help participants develop leadership skills, develop a babysitting business, keep themselves and others safe, help children behave, and learn basic childcare CPR and first aid. Bring a water bottle and lunch to eat on-site.

Registration deadline one week prior to start date.

SESSION 1 LOCATION: HOMEWOOD CLUBHOUSE, 401 E 20TH ST

SESSION 2 LOCATION: P&R ADMINISTRATION, 1500 GATEWAY HILLS PARK DRIVE

SESSION 3 LOCATION: HOMEWOOD CLUBHOUSE, 401 E 20TH ST

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 OCT 12	SESSION 2 DEC 28	SESSION 3 FEB 8
Babysitter's Training Course	SA	8:30 AM-3:30 PM	\$65/\$80	220101-1A	220101-2A	320101-1A

CERTIFICATION COURSES

ADULT AND PEDIATRIC FIRST AID/CPR/AED - Open to anyone age 10+. This American Red Cross course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants and this class meets OSHA workplace requirements.

This class has an online section that will need to be completed and proof of completion given to the instructor on the first day of class to stay in the course. Allow approximately 2.5 hours to complete the online portion. To access the online section of this course, participants will need to go to: <https://www.redcrosslearningcenter.org/s/online-class-registration?Id=a653o000002P4luAAC>.

Successful completion of this course will result in a digital certificate of Adult and Pediatric First Aid/CPR/AED valid for two years.

Please note the online class information will be emailed along with a copy of your receipt, and proof of completion will be asked on day of the class.

Registration deadline one week prior to start date.

SESSION 1 LOCATION: HOMEWOOD CLUBHOUSE, 401 E 20TH ST

SESSION 2 LOCATION: P&R ADMINISTRATION, 1500 GATEWAY HILLS PARK DRIVE

SESSION 3 LOCATION: HOMEWOOD CLUBHOUSE, 401 E 20TH ST

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 NOV 9	SESSION 2 DEC 14	SESSION 3 MAR 8
CPR/AED/ Adult and Pediatric First Aid	SA	8:30-11:00 AM	\$80/\$95	260305-A1	260305-B1	360305-A1

LIFEGUARD BLENDED TRAINING

LIFEGUARD BLENDED TRAINING - Participants must be 15 years old by the last day of the course.

Successfully complete the two prerequisite swimming skills evaluations:

PREREQUISITE 1

- Complete a swim-tread-swim sequence without stopping to rest: Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke, or a combination of both. (Swim goggles are allowed).
- Maintain position at the surface of the water for two minutes by treading water using only the legs.
- Swim 50 yards using the front crawl, breaststroke, or a combination of both.

PREREQUISITE 2

- Complete a timed event within 1 minute, 40 seconds: Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed).
- Surface dive (feet-first or head-first) to a depth of 7-10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face out at or near the surface.
- Exit the water without using a ladder or steps.

These skills will be conducted at the beginning of the first day of the class. Participants must successfully complete these skills to stay in the course.

This class also has an approximate 8-hour online section that will need to be completed and proof of completion given to the instructor on the first day of the class to stay in the course. To access the online section of this course, participants will need to go to: <https://www.redcrosslearningcenter.org/s/online-class-registration?Id=a653o0000038lxgAAA>.

Successful completion of this course will result in a two-year certification for Lifeguarding/First Aid/CPR/AED. Classroom times are scheduled in accordance with the American Red Cross guidelines. Actual time will vary based on class size and participant skill levels. Enrollment in the course does not guarantee a certificate.

Please note the online class information will be emailed along with a copy of your receipt, and proof of completion will be asked on day of the first class.

Class size: minimum 6; maximum 10.

Ratio: 1 instructor to 10 students

REGISTRATION DEADLINE ONE WEEK PRIOR TO BEGIN DATE.

**LOCATIONS: ISU STATE BLDG, ISU STATE POOL (STATE BLDG 1180, ISU CAMPUS) 2624 UNION DR.
P&R ADMINISTRATION, 1500 GATEWAY HILLS PARK DRIVE**

CLASS	DAYS	TIMES	LOCATIONS	FEE/NR FEE	SESSION 1 JAN 3-JAN 5
Lifeguard Blended Training				\$300/\$350	360300-A1
	Friday, Jan. 3	8:00 AM-4:30 PM	ISU State Pool		
	Friday, Jan. 3	5:00-9:00 PM	P&R Admin Bldg		
	Saturday, Jan. 4	8:00-11:30 AM	P&R Admin Bldg		
	Saturday, Jan. 4	12:00-6:00 PM	ISU State Pool		
	Saturday, Jan. 5	12:00-6:00 PM	ISU State Pool		

LIFEGUARD BLENDED RECERTIFICATION

LIFEGUARD BLENDED RECERTIFICATION - This recertification course is for currently certified lifeguards to review skills including water rescues, CPR/AED for the professional rescuer, and first aid. Participants must provide proof of valid Lifeguarding/First Aid/CPR/AED certification and pass the Lifeguard Training course prerequisites.

This class has an online section that will need to be completed and proof of completion given to the instructor on the first day of the class to stay in the course. Online portion may take up to 6 hours to complete and may vary for individuals with possible test out sections available. To access the online section of this course, participants will need to go to: <https://www.redcrosslearningcenter.org/s/online-class-registration?Id=a653o0000038lzIAAQ>

Successful completion of the course will result in a two-year renewal of their certification for Lifeguarding/First Aid/CPR/AED. Classroom times are scheduled in accordance with the American Red Cross guidelines. Actual time will vary based on class size and participant skill levels. Enrollment in the course does not guarantee a certificate.

Please note the online class information will be emailed along with a copy of your receipt, and proof of completion will be asked on day of the first class.

Class size: minimum 6; maximum 12.

Ratio: 1 instructor to 12 students

REGISTRATION DEADLINE ONE WEEK PRIOR TO BEGIN DATE.

LOCATION: ISU STATE BLDG, ISU STATE POOL (STATE BLDG 1180, ISU CAMPUS) 2624 UNION DR.

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JAN 19
Lifeguard Blended Recertification	SU	8:00 AM-8:00 PM	\$150/\$200	360301-A1

LIFEGUARD INSTRUCTOR (LGI)

LIFEGUARD INSTRUCTOR (LGI) - Successful completion of this class results in certification to teach Lifeguard Training, First Aid, and CPR/AED. Participants must be 16 years of age by the end of the class and possess a current lifeguard certification. Course length is scheduled in accordance with the American Red Cross recommendations. Actual course length may vary depending on the number of participants enrolled and their current skills and abilities.

Class size: minimum 6; maximum 12.

Ratio: 1 instructor to 12 students

REGISTRATION DEADLINE ONE WEEK PRIOR TO BEGIN DATE.

LOCATION: ISU STATE BLDG, ISU STATE POOL (STATE BLDG 1180, ISU CAMPUS) 2624 UNION DR.

CLASS	DAY	TIMES	FEE/NR FEE	SESSION 1 JAN 10-JAN 12
LGI - Lifeguard Instructor	F-SU	12:00 PM-6:00 PM	\$325/\$375	360307-A1

LIFEGUARD INSTRUCTOR RECERTIFICATION

LIFEGUARD INSTRUCTOR (LGI) / LIFEGUARD INSTRUCTOR TRAINER (LGIT) RECERTIFICATION - This in-person Instructor/Instructor Trainer recertification course is the required course for all Lifeguarding Instructors and Instructor Trainers to re-certify. During this course, participate in an in-water practice and polish skills session with their peers and a classroom-based review of Red Cross administrative policies and procedures.

Class size: minimum 6; maximum 12.

Ratio: 1 instructor to 12 students

REGISTRATION DEADLINE ONE WEEK PRIOR TO BEGIN DATE.

LOCATION: ISU STATE BLDG, ISU STATE POOL (STATE BLDG 1180, ISU CAMPUS) 2624 UNION DR.

CLASS	DAY	TIMES	LOCATIONS	FEE/NR FEE	SESSION 1 JAN 18
LGI/LGIT Review	SA			\$200/\$250	360308-A1
		8:00 AM-Noon	P&R Admin Bldg		
		12:30-5:30 PM	ISU State Pool		
		6:00-7:00 PM	P&R Admin Bldg		

