

Level 5 - Limit 10. *Pre-requisite: Level 4.* Skills taught: review Level 4, front and back crawl, elementary back for 100 yards, breast and side strokes for 25 yards, dive from board, stride jump entry, feet-first surface dive and safety skills. Advance to Level 6.

Level 6 Fitness Swimmer - Limit 10. *Pre-req.: Level 5.* Skills taught: Review Level 5 plus approach and hurdle on diving board, pike or tuck dive from board, 200 yard front and back crawl, 100 yard breast and side stroke 100 yds, butterfly 50 yds, flip turns, open turns, plus specialized skills: turns, pace clock, pull bouys, fins and paddles, calculate heart rate and perform the Cooper 12 minute swim test.

Level 6 Fundamentals of Diving - Limit 10. *Pre-req.: Level 5.* Skills taught: Review Level 5 plus approach and hurdle on diving board, pike or tuck dive from board, 200 yard front and back crawl, 100 yard breast and side stroke 100 yds, butterfly 50 yds, flip turns, open turns, plus specialized skills: basic stretches, front approach and hurdle, jump tucks, forward dive in tuck position, forward dive in pike position, and other diving basics.

Water Aerobics—Limit 26. *No swim ability needed.* Adult water exercise class. Lose inches and improve your health. Water provides massaging action beneficial to muscle toning.

Specialty classes—Lifeguard Training, Diving, Advanced Diving, Adult Water Readiness/swim instruction (descriptions and times offered listed in quarterly activity guides and online).

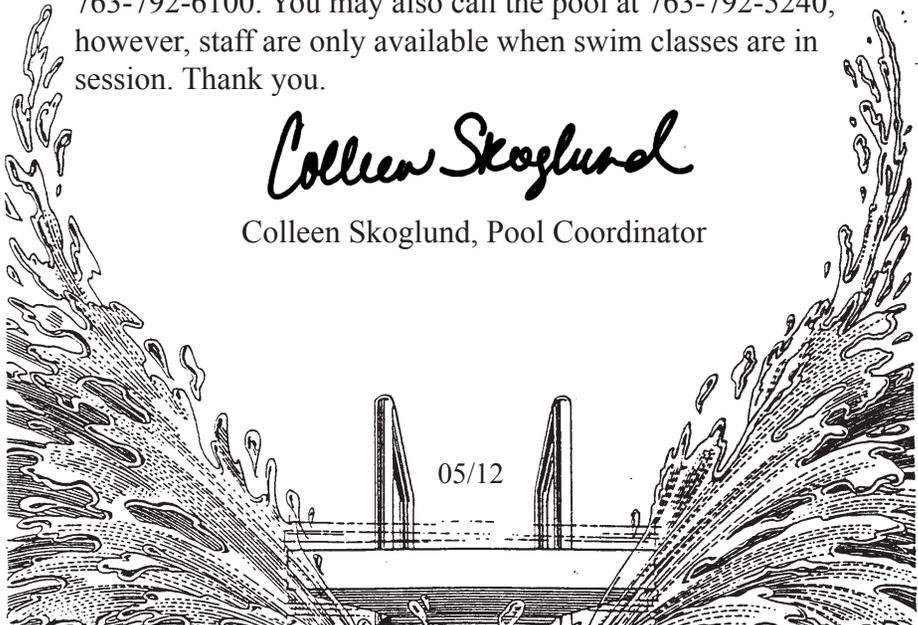
CENTENNIAL AQUATICS HANDBOOK

Welcome to the Centennial Community Education Aquatics Program. This handbook was produced to answer many of the questions you may have regarding this program and your child's participation. We hope to help your child develop a healthy respect for the water, make your child water safe, and help them improve their water skills.

Registration for swim classes is held several times each year. Session information, including class dates and times, are listed in the fall, winter/spring and summer activity guides as well as online at www.centennialcsonline.org

Some classes may require an additional materials or book charge. No refunds are allowed once classes begin. Make up swim lessons are not available when participants are unable to attend their scheduled lessons.

If, after reading this handbook, you have any questions or comments, please call Centennial Community Education at 763-792-6100. You may also call the pool at 763-792-5240, however, staff are only available when swim classes are in session. Thank you.

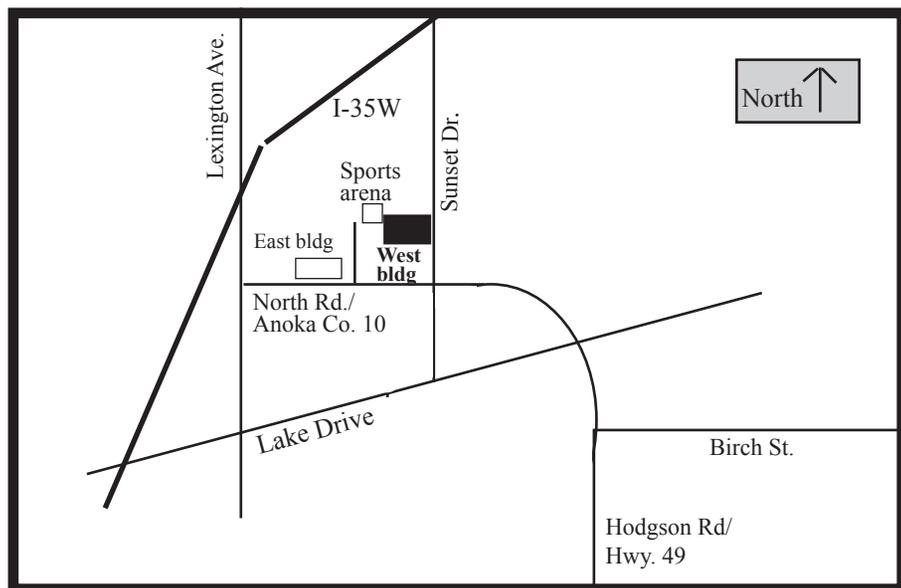


Colleen Skoglund

Colleen Skoglund, Pool Coordinator

ANSWERS TO SOME FREQUENTLY ASKED QUESTIONS

Where's the pool? The Centennial Community Pool is in Centennial High School's East building (door D13), one block north of North Road, east of the Centennial Sports Arena and east of the high school West building.



When are classes offered? Classes usually consist of eight lessons. Fall and winter/spring sessions are scheduled on week nights during the school year. The summer program typically offers week day, afternoon and evening sessions from mid-June until mid-August.

Are there showers and lockers available? There are showers and lockers available for program participants. To lock items in a locker, please bring your own lock. Valuable items should not be left in the locker rooms. **Centennial is not responsible for lost or stolen items.**

Can parents observe swimming lessons? Parents may watch their child's progress from the observation area above the pool. Parents aren't allowed on the main pool deck which is restricted to class participants only.

Poly Beginner I - Limit 6. *Introduction to swimming for ages 5–8 or shorter than 50", comfortable in water.* Students belted for several classes to gain confidence and independence while stressing correct body position. Final test taken without belt. Skills taught: floating on front and back, swim on front and back whole width of pool with arm and leg action. Advance to Poly Beginner II.

Poly Beginner II - Limit 6. *Swimmers ages 5-8 and have passed Poly Beginner I, easily relaxes in water, swim two black lines in prone position, and width of pool on back.* Students belted for minimum of three classes to review correct body position. Skills taught: review Poly Beg. I skills plus swim width of pool on their front and wing on back, front crawl arm and leg stroke without rhythmic breathing. Advance to Poly Beginner III.

Poly Beginner III - Limit 6. *Swimmers ages 5-8 and have passed Poly Beginner II.* Taught: Review Poly Beginner II skills, plus diving (sitting and kneeling positions), swim width of pool back crawl and a width of the pool front crawl with rhythmic breathing. Advance to Level 3.

Beginners - Limit 6. *Introduction for ages 8+. No swim background needed.* Skills taught: swim width of pool winging on back, one width puppy paddle and begin to develop front crawl with some rhythmic breathing. Students will be placed according to skill ability in either Advance Beginners or Level 3.

Advanced Beginners - Limit 6. *Pre-requisite: passed Beginners.* Taught: swim one width front crawl with rhythmic breathing, winging on their back, back crawl, and diving to pass. Advance to Level 3.

Level 3 - Limit 10. *Pre-requisite: passed Advanced Beginners or Poly Beginner III. Easily relaxes in water, swims pool width on back and front crawl with rhythmic breathing.* Taught: 25 yards front and back crawl, dive from deck, treading water, elementary backstroke, dolphin kick. Advance to Level 4.

Level 4 - Limit 10. *Pre-requisite: Level 3.* Skills taught: 50 yards of front crawl, back crawl and elementary backstroke, introduced to breast stroke and scissor kick, tread water, and demonstrates rescue breathing. Advance to level 5.

ADVANCEMENT

It takes the average child three times to pass a swim class. Please don't be discouraged if your child does not complete all class skills.

Major class skills are listed in this section. Student success in completion of skills depends on age, skill comprehension, comfortability, body density and strength. If passing is important to your child or you, please bring them to open swim to practice skills.

Make sure swimmers have both practice and play/free time when you bring them swimming. Never force children, encourage them. Feel free to ask your child's instructor for skill and instructional tips.

Children are required to wear safety flotation belts in Poly Beginner I and II classes. Our goal is to give children enough confidence and training to perform swimming skills without flotation belts.

The belts give children confidence, stress correct body position, and help them work on breathing. By swimming repetition laps and practicing technique, students will see improvement in learning and developing strength in their swim skills.

Belts will be removed by the sixth class of Poly Beginner I and the third class of Poly Beginner II.

SKILLS NEEDED TO ADVANCE

Tiny Tots—Limit 14. Ages 18 months–3 years with parent. Skills taught: water adjustment, blow bubbles, underwater arm reach, flutter kicks, attempt these skills together, float on back with help, jump into water, entering and exiting the water safely. Advance to Poly Wogs. (Instructor not in water.)



Poly Wogs—Limit 14. Ages 3–5 with parent. Parent works one-on-one with child to advance at individual pace. Playful and positive. Belts available to help child gain confidence, independence. Skills taught: review Tiny Tots; jump into deep water and swim two black lines to parent, return to edge without help; one pool width on back and front. Five-year-olds with comfortable water adjustment may advance to Poly Beg. I. (Instructor not in water.)

Are there open swim times? There are open swim times scheduled each session. Pool capacity is 100 people. Participants are turned away when the pool is full. Open swim is for any interested participant. Patrons who are age six or younger, or shorter than 53 inches, must swim with a responsible swimmer 12 years of age or older, or must have passed Level 3. **No child under age five, regardless of height or advanced skills, can attend open swim alone.**



What are the fees for open swim?

Open swim fees are \$2/individual with a \$5 maximum charge per family per visit.

Can groups use the pool? Group reservations are arranged with the pool coordinator. Rates vary due to time, number of swimmers and activity. Call the pool at 763-792-5240, leave your name and number, and the coordinator will get back to you.



Where can I park during lessons? There is a parking lot outside the pool entrance. There is also a parking lot west of that lot near the practice soccer fields and tennis courts. Parking is also available in front of the high school red building.

Where should I direct concerns about pool cleanliness, water quality and temperature, building maintenance, etc.? The aquatics program is just one of the many users of the pool and the Red Building locker rooms. Your questions or concerns about pool and locker room maintenance should be directed to the district business manager at 763-792-6001. The water temperature is cooler in the fall (80 degrees) at the request of the high school competitive swim program.

Can one parent bring two children to Tiny Tots or Poly Wogs? No, every participant must have a responsible adult in attendance.

Should children wear diapers/plastic pants in the pool? Infants who are not yet potty trained should wear a rubber pant under their suit. No diapers are allowed in the pool. Please use the little swimmers instead.

Can I get a refund after the class starts? Refunds are not allowed once class begins. When you register and pay the fee you reserve a place in that class. The swim program relies on participant fees to cover class costs. The program incurs those expenses even if class participants choose not to come. Refunds will be made 24-hours prior to the first class meeting.

How do I contact my child's swim instructor or the pool coordinator? Call the pool office at 763-792-5240 and leave a message. Because of the part-time nature of all the pool employees, it may take up to a week for your call to be returned. The phone is often answered when the swim program is in session.

What if I need to take my son into the girls locker room? If your child is in first grade or older, please use the appropriate sex locker room. If you are uncomfortable, there are family changing areas located opposite the pool locker rooms. If they are locked, please ask pool staff to open them for you.

Has it been some time since your child's last swim lesson? Children can lose endurance and skills if they do not consistently take swimming lessons throughout the year. We advise parents to register their children for their previous class if it has been more than four months since their last lesson (i.e. if a student passes Level III in the summer and then does not take lessons again until winter, we recommend that the student repeat Level III in the winter).



SAFETY INFORMATION

Safety information is required for each swim course offered in Centennial's Poly Beginner classes and Red Cross swimming classes. Instead of devoting an entire lesson day to safety training the information is made a part of each class.

The safety information is repetitive to help children remember how to respond appropriately in the event of an emergency.

Centennial swimmers could help save a life because they remember to yell for help, dial 911, throw a floatable object to a friend having trouble in the water, or may be able to save themselves by being able to put their head down and reach or bob to safety.

CLASSES OFFERED

The swim schedule is printed in the Centennial Community Education activity guides. Classes marked with an * are American Red Cross classes.

Classes offered regularly, depending on pool availability:
(descriptions listed in next section, Advancement)

Tiny Tots	*Level 3
Poly Wogs	*Level 4
Poly Beginners I	*Level 5
Poly Beginners II	*Fitness Swimmer
Poly Beginners III	*Fundamentals of Diving
Beginners	Water Aerobics
Advanced Beginners	

Specialty classes (descriptions and times offered listed in quarterly activity guides):

*Lifeguard Training
Diving
Advanced Diving
Adult Water Readiness/swim instruction
Private Lessons

