

WAUKON SUMMER REGISTRATION FORM 2021

Summer Rec Sign-up Night is April 28 at the Waukon Wellness Center from 3:00pm to 7:00pm

Participant's Name: \_\_\_\_\_
Grade just finished: \_\_\_\_\_ Age as of 6/1/21: \_\_\_\_\_
T-Shirt Size: (circle one) Youth: S M L XL - Adult: S M L XL XXL Gender: M \_\_\_ F \_\_\_
List any special medical conditions and/or any emotional mental or physical disabilities:

School Attending: \_\_\_\_\_
Parent/Guardian Names: \_\_\_\_\_
Home Phone: \_\_\_\_\_ Cell or Work Phone: \_\_\_\_\_
E-mail Address (Please Write Legibly): \_\_\_\_\_

Please check activities desired:

- Boys' Baseball & T-Ball (End of May-July) \$25 (Finished grades K-5) \$35 (Finished grades 6-7)
Girls' Softball & T-Ball (End of May-July) \$25 (Finished grades K-5) \$35 (Finished grades 6-7)
I'll be a head/assistant K-7th baseball coach - At least high school junior or age 16 (Name: \_\_\_\_\_)
I'll be a head/assistant K-7th softball coach - At least high school junior or age 16 (Name: \_\_\_\_\_)

\*NEW 2021\*

K-5th grade baseball & softball practices AND games are moving to the night time this year due to lack of staffing during the day. We are transitioning to parent volunteers similar to how our other programs are run. Parents will run practices and help coach during the games. (NOTE: If a parent volunteers to help coach his/her child's team, that child's registration fee will be waived.) Practices will start the week of June 1 for 2nd-5th grade. They will be allowed to have 2 practices a week depending on the field and coach's availability. Kindergarten/1st grade will not practice during the week. They will show up on Sunday nights and practice for 20-25 minutes and then play a game the rest of the hour. Games will look to start the week of June 6 for K-5th grade and run 5 weeks (mid-July) on the following nights: Kindergarten/1st grade will play Sunday nights at the City park, 2nd/3rd grade will play on Monday nights at the City park, and 4th/5th grade will play on Wednesday nights at the softball complex. More details will be emailed out when we have the final registration numbers. (6th/7th Grade Note: We will not be providing busing to away games this year. Parents will be responsible to get their child to the games.)

Swim Team (End of May-July) \$40 (Age 18 & under) \*\*REQUIREMENTS: SEE ATTACHED PAPER W/ DETAILS

Fees increase \$10 after May 4th for Little League Baseball, Softball & Swim Team. The FINAL DEADLINE to turn in forms is May 11th. NO EXCEPTIONS!

PUBLIC SWIM LESSONS: See separate "Public Swim Lessons" page. Sign-up nights: Thursday, May 20 from 4:30-7:30pm and Saturday, May 22 from 9:00-11:30am at the Wellness Center.

First come, first serve basis.

- If you are interested in private lessons instead, they must be arranged at the pool at \$8/half-hour session.

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Pool Passes/Punch Cards

\_\_\_\_\_ Aquatic Center Season Passes: \_\_\_\_\_ Single, \$75 \_\_\_\_\_ 2-Person, \$120  
\_\_\_\_\_ 3-6 People, \$150 \_\_\_\_\_ 7+ People, \$175

\_\_\_\_\_ Aquatic Center Punch Cards: \_\_\_\_\_ 10-Punch, \$35 \_\_\_\_\_ 20-Punch, \$60

\*SEASON PASSES: MUST RESIDE IN THE SAME HOUSEHOLD (Does NOT include babysitters)

Name(s) on Punch Card/Season Pass: \_\_\_\_\_

\$ \_\_\_\_\_ TOTAL AMOUNT OWED

\*Unless an activity or program is completely cancelled or some unusual circumstance prevails, refunds are not granted.

**GENERAL WAIVER:** I give the above-named participant my permission to take part in the above checked activities and do hereby release the Waukon Park & Recreation Department staff and volunteer coaches from all liability and for the program’s staff to refer my child, if injured, to the closest medical facility. I also understand that by participating in these programs, I am giving consent to photos taken of my child by the Waukon Park and Recreation Department staff to be used in the newspaper and the Waukon Park and Recreation Facebook page.

Parent/Guardian Signature: \_\_\_\_\_

**\*\*(Make checks payable to “Waukon Park and Recreation”)\*\***

Return this completed form and registration fee to the Waukon Wellness Center or mail to: Waukon Park & Rec., c/o Kim Kraus at 1220 3rd Ave. NW, Waukon, IA 52172

**\*\*\*\*\* ONLINE REGISTRATION AVAILABLE \*\*\*\*\***

**Go to: <http://waukon.recdesk.com>**

If you plan on registering online, you will need to create a new account for your family. Creating an account only needs to be done the first time using the website. Once you have an account you will be able to register for the Summer Rec programs and any other adult or youth programs the Park & Recreation or the Wellness Center will be offering. You will be able to pay online with a Credit/Debit Card.

**Online Registration Notes**

- **Online registration WILL NOT be available until after sign-up night (April 28). We are encouraging families to sign up in person instead. Registering for an online program will be available from April 29 thru May 7.**
- **You will only be able to register online for softball, baseball, and swim team this year.**

## Waukon Park & Rec Summer Fun Program

The Summer Fun Program is for 4, 5, 6, & 7 yr. old kids to do crafts and games. One group is for 4 & 5 year olds and one group for 6 & 7 year olds. This program will be on Monday and Wednesday mornings. Kids (4-5 yrs. old) will get together from 9:30am to 10:30am and kids (6-7 yrs. old) will get together from 10:30am-11:30am. If the numbers are low for both age groups, we will combine the age groups into one hour. This program will start June 14 and run for 5 weeks. The last week of the program is the week of July 12.

The Summer Fun Program will be held at the Thompson Shelter by the ball diamond at the park.

There will only be room for 10 kids in each group.

**SIGN-UP INFO:** The first to register will get in. We will have a sign-up sheet available at Sign-Up Night on April 28 from 3:00-7:00pm at the Waukon Wellness Center. We cannot guarantee there will be spots available after sign-up night. For more information or program availability, contact Kim at Waukon Park & Rec at 563-568-6420. The registration deadline is May 27<sup>th</sup> if not filled before that time.

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### Summer Fun Program Registration

Child's Name: \_\_\_\_\_ Child's Age: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Phone # where you can be reached between 9:30am & 11:30am: \_\_\_\_\_

Emergency Contact and Phone #: \_\_\_\_\_

Email Address (Please write legibly): \_\_\_\_\_

I release the Waukon Park and Recreation Department staff from all liability and hereby give my permission for the above-named child to participate in the Summer Fun Program and for the program's staff to refer my child, if injured, to the closest medical facility.

Parent's Signature: \_\_\_\_\_

**Program Cost is \$30.00.** After May 27<sup>th</sup>, it will cost \$40.00 to register.

*\*Make checks payable to "Waukon Park and Recreation"*

## SWIM TEAM GUIDELINES FOR AGES EIGHT AND UNDER

All members of the swim team must be at least **five** years of age. There are two groups of eight and under swimmers. Those that can swim one length of the pool (25 yards) and those that are unable to swim one length of the pool. Those that can swim one length of the pool will be classified as Eight and Under. Those that cannot swim the length of the pool, but are able to meet the minimum requirements, will be classified as a Nemo. The number of Eight and Under swimmers (those that can swim the length of the pool) is unlimited.

The minimum qualification to swim as an Eight and Under is to be able to swim one length of the pool.

The minimum qualifications to be considered a Nemo include:

- Must be able to get in water on own and is comfortable in the water
- Must be able to get eyes, mouth, and hair wet
- Must be able to completely submerge body in the water → Do a “bob” 3 times
- Must be able to retrieve a toy from bottom of pool
- Must be able to blow bubbles through mouth and nose
- Must be able to float on front and back for 5 seconds each unassisted
- Must be able to show alternating arms while standing (Freestyle and Backstroke arms)
- Must be able to kick with board across shallow end on front unassisted
- Must be able to jump into water unassisted and return to the side

**IMPORTANT:** On May 22 and May 25, all eight and under individuals who are interested in swim team will “try-out” to see if they are eligible to be on swim team. If qualified, this will determine what group they will practice with. “Try-outs” will take place from 1-5pm on May 22 and 2:00-7:30pm on May 25 at the pool. You will come the day and time you signed up for. Your child will be asked to complete ALL tasks listed above. **ALL eight & unders MUST “try-out” regardless if you participated in swim team previously.** If a swimmer is not able to meet the minimum guidelines to be a Nemo, it is recommended that they sign up for swim lessons (public or private). This will ensure that your child will be able to improve their basic swimming skills in order to participate at a later date. **\*\*EIGHT AND UNDERS DO NOT NEED TO PAY THE SWIM TEAM FEE UNTIL THE FIRST DAY OF PRACTICE.**

**\*Please sign up for ONE 15-minute time slot for your 8 & under child to “try-out.” In addition, please read through ALL information on the Google Sheet.**

There are 2 options listed to sign-up. You only need to choose one as they both lead to the same Google Sheet.

OPTION #1: This [link](#) will lead you to the Swim Team Try-Out sheet for 8 & unders.

OPTION #2:



**\*If you choose the QR Code, you will need to download the Google Sheets App on your smart phone in order to edit it\***

## WAUKON SUMMER REGISTRATION FORM 2021

# PUBLIC SWIM LESSONS

### **\*NEW 2021\***

We have restructured our swim lesson program this year. First and foremost, one of the biggest changes you will see is that we will be offering smaller class sizes compared to past years. We have always offered levels 1-6 in a session with different instructors taking a certain level. To make the program run more efficient, we have decided to offer two different level options. One session option will be levels 1-3 and the second option will be levels 4-6. There will only be up to 5 children in each level for a maximum total of 15 children in a session. Our goal is for the kids to get more 1 on 1 time or close to that in each level.

We will have 9 (6 morning, 3 early evening) sessions available this summer. Each session will be 1 week (5 days) long with 45 minute per day classes with the exception of two different night sessions that will only meet four nights during the week for one hour each due to home swim meets. Here are the session options you will be able to choose from:

1. June 7-11
  - 11:30am-12:15pm (Levels 1-3)
2. June 14-18
  - 10:30-11:15am (Levels 4-6)
  - 5:30-6:30pm (No June 17: Home swim meet) (Levels 1-3)
3. June 28-July 2
  - 10:30-11:15am (Levels 1-3)
  - 5:30-6:30pm (No June 29: Home swim meet) (Levels 1-3 AND 4-6)
4. July 5-9
  - 10:30-11:15am (Levels 1-3)
  - 11:30am-12:15pm (Levels 1-3)
5. July 12-16
  - 5:30-6:15pm – Parent/Child

**SIGN-UP INFO:** Lesson sign-up will be different than years past. **We will be having 2 days of sign-up at the Wellness Center. Thursday, May 20 from 4:30-7:30pm will be the first day. The 2<sup>nd</sup> sign-up day will be Saturday, May 22 from 9:00-11:30am. *IT WILL BE ON A FIRST COME, FIRST SERVE BASIS.*** If you can't make it to one of the sign-up days or are undecided at that point, you will have the opportunity to sign up at the pool when it opens (May 26). However, we cannot guarantee that there will be open slots still available. **Each child will only be allowed to sign up for one week session at first.** Once the pool opens and if you would like to schedule a second week session for your child, you may do so if there is availability. \*If you are interested in private lessons instead, they must be arranged at the pool at \$8/half-hour session.

**COST:** The cost for one session of lessons is \$35. **You will be required to pay the day you sign your child(ren) up for lessons.** We will use that to solidify your spot. Payment will need to be made in the form of cash or check. Checks should be made out to "Waukon Park & Recreation."

**CANCELLATIONS:** In the event of severe weather, extreme cold, or pool maintenance difficulties, swim lessons may be cancelled. Cancellations will also be posted on the Waukon Park and Rec Facebook page. If unsure whether lessons are cancelled, please call the pool at 563-568-2514 before coming.

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Listed below is a guide to help you decide what level your child should be in if they have taken swim lessons before and/or you don't remember where they fit in. This is also helpful for kids to know what they will be expected to do by the end of the week session.

## LEVEL 1 (INTRODUCTION TO WATER SKILLS)

Helps participants feel comfortable in the water.

- Enter and exit water independently, using a ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes underwater and retrieve submerged objects
- Front glide and float, and recover to a vertical position
- Back glide and float, and recover to a vertical position
- Roll from front to back and back to front
- Tread water, using arm and hand actions
- Alternating and simultaneous leg and arm actions on front
- Alternating and simultaneous leg and arm actions on back
- Combined arm and leg actions on front
- Combined arm and leg actions on back

## LEVEL 2 (FUNDAMENTAL AQUATIC SKILLS)

Gives participants success with fundamental skills.

- Stepping or jumping from the side into chest-deep water
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Rotary breathing
- Front, jellyfish and tuck floats
- Front glide and float, and recover to a vertical position
- Back glide and float, and recover to a vertical position
- Roll from front to back and back to front
- Tread water, using arm and leg actions
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front
- Combined arm and leg actions on back
- Finning arm action on back

## LEVEL 3 (STROKE DEVELOPMENT)

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

- Jump into deep water from the side, fully submerge and return to side
- Headfirst entry from the side in seated and kneeling positions
- Bobbing while moving to safety
- Rotary breathing
- Survival float for 30 seconds
- Back float and tread water for 1 minute each
- Swimming the front crawl for 15 yards
- Swimming the elementary backstroke for 15 yards
- Flutter, scissors and dolphin kicks
- Push off in streamlined position on front, then begin kicking

## LEVEL 4 (STROKE IMPROVEMENT)

Develops confidence in skills learned and improves other aquatic skills.

- Headfirst entry in compact and stride positions
- Feetfirst surface dive
- Swim underwater
- Tread water, using 2 different kicks
- Survival swimming
- Front crawl for 25 yards
- Elementary backstroke for 25 yards
- Breaststroke for 15 yards
- Back crawl for 15 yards
- Butterfly for 15 yards
- Sidestroke for 15 yards
- Open turns on the front and back
- Flutter and dolphin kicks on back
- Push off in streamlined position on back, then begin kicking

## LEVEL 5 (STROKE REFINEMENT)

Provides further coordination and refinement strokes.

- Performing a shallow-angle dive into deep water
- Tuck-surface dive, pike-surface dive
- Tread water for 5 minutes, tread water using legs only for 2 minutes
- Sculling for 30 seconds
- Front crawl for 50 yards
- Elementary backstroke for 50 yards
- Breaststroke for 25 yards
- Back crawl for 25 yards
- Butterfly for 25 yards
- Sidestroke for 25 yards
- Front and back flip turns

## LEVEL 6 (SWIMMING AND SKILL PROFICIENCY)

Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances.

- Surface dive and retrieve object from the bottom 7-10'
- Front crawl for 100 yards
- Elementary backstroke for 100 yards
- Breaststroke for 50 yards
- Back crawl for 50 yards
- Butterfly for 50 yards
- Sidestroke for 50 yards
- Demonstrate open turns and front and back flip turns when swimming