



**Port Washington/Saukville School District**  
100 West Monroe  
Port Washington, Wisconsin 53074

Non-Profit  
Organization  
CART  
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Port Washington  
WI 53074  
Permit No. 117

Residential Customer  
Port Washington/Saukville School District

# District Aquatic Center

**Port Washington/Saukville Schools**

**SUMMER 2011**

**Joanne Den Boer, Aquatic Center Director**

1403 North Holden Street  
Port Washington, WI 53074

(262) 268-6228  
(262) 268-6229 (Information Hotline)  
Joanne.DenBoer@pwssd.k12.wi.us

- Entrance located on the west side of **Thomas Jefferson Middle School**
- Valuables are the responsibility of the swimmer. **Please** secure them.
- All swimmers must shower before swimming.
- Children's water wings and swim vests are allowed.

**Competent supervision is required in the water, with their use.**

- Balcony seating is available for swim lessons and swim meets.
- Lost and found items can be claimed in the pool office.
- The DAC reserves the right to ask any swimmer to leave the premises.

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**Schedule Information Available at District Aquatic Center**

- *District Aquatic Center Hotline: (262)268-6229*
- *District Aquatic Center Bulletin Board*
- *Area Newspapers*
- *Cable Access Channel #13*
- *Future Schedules Fall/Winter/Spring – August*
- *Visit our website at: www.pwssd.k12.wi.us*

# Aquatic Center Rules

*For your convenience a list of important rules is included.*

- |  |   |
|--|---|
| <b>1</b> Children 6 years and younger must be accompanied by an adult in the water at all times for everyone's safety. | <b>8</b> No masks, fins or snorkels are allowed during open swim, goggles only. |
| <b>2</b> Children's swim vest and water wings are allowed only with parent supervision in the water.                   | <b>9</b> Respect the lifeguard's decision.                                      |
| <b>3</b> No inflatables allowed in the pool.   | <b>10</b> No horseplay, dunking or pushing.                                     |
| <b>4</b> Shoulder length hair or longer must be tied back.   | <b>11</b> No spitting.  |
| <b>5</b> No walking on bulkhead.   | <b>12</b> No swearing.  |
| <b>6</b> No inward dives.  | <b>13</b> No gum permitted in building.   |
| <b>7</b> No water wings or life-jackets permitted in the diving well.  | <b>14</b> No running and jumping into pool.                                     |
|  | <b>15</b> T-shirts are not allowed in pool.                                     |
|  | <b>16</b> Anyone wearing street shoes not allowed near poolside.                |

# District Aquatic Center Pass Form

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_  
(street) (city) (Zip Code)

Phone \_\_\_\_\_

**Residency:** (please X)  School District  Non-District

**Type of Pass:** (please X)

- Family (list family members) → \_\_\_\_\_
- Adult \_\_\_\_\_
- Student \_\_\_\_\_
- Senior \_\_\_\_\_

**Season:** (please X)

- Calendar Year (January 1 – December 31)
- School Year (September 1 – May 31)
- Summer (June 1 – August 31)

Signature \_\_\_\_\_ Date \_\_\_\_\_

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# Summer Schedule

June 1, 2011 – August 31, 2011

## Monday – Thursday

Adult AM Lap .....	5:15 – 7:30
Lessons .....	8:00 – 12:30
Afternoon Open Swim .....	1:00 – 3:45
Adult PM Lap .....	5:30 – 6:30
PM Open Swim .....	6:45 – 8:45

## Fridays

Adult AM Lap .....	5:15 – 7:30
Lessons .....	8:00 – 12:30
Afternoon Open Swim .....	1:00 – 3:45

## Closed Saturday and Sunday

- Groups may share pool during open swim.
- Children 6 years and younger must be accompanied by a competent adult in the water at all times for everyone's safety!

### The District Aquatic Center will be **CLOSED** for the following scheduled events:

May 28–30 .....	Memorial Day Break – Pool Closed
June 1–10 .....	Afternoon Open Swim (School in Session)
July 2–4 .....	Independence Day
August 4 .....	No PM Open Swim – Staff Safety Training

Please note: The District Aquatic Center **is not** open on Saturdays and Sundays.  
 \*Additional unscheduled closings may occur. See channel 13.

# Senior Citizens Water Exercise

(Sponsored by The Port Washington Senior Center)

## Fees

Port Washington Senior Citizen

**District Resident** .....\$6.00 per month

**Non-Resident** .....\$10.00 per month

## Senior Swim Schedule

**Tuesday** .....**Class** – 6:40 am – 7:25 am

**Thursday** .....**Class** – 6:40 am – 7:25 am

**Friday** .....**Class** – 6:40 am – 7:25 am

*Times are subject to change.*

Men and Women are both invited.  
Hair does not get wet!  
Classes emphasize flexibility exercises.

Please call **Helen at 262-284-4709** to answer any questions about the Senior Swim Program.

# Pass Registration

## Drop-Off at the District Aquatic Center

Will be accepted only during open pool hours.

*\*\*\*Note: All information must be complete as follows for mail-in process.*

## **By-Mail or Drop-Off (at the DAC)**

1. Fill-in pass information form.
2. List all family members when registering for a family pass.
3. Checks should be payable to: District Aquatic Center
4. Mail or drop-off registration form, appropriate fee and self-addressed, stamped envelope (if you would like passes mailed).

### **Send to:**

District Aquatic Center  
1403 N. Holden Street  
Port Washington, WI 53074

Please send separate checks for lessons and passes.



# Swimming Lesson Registration Form

Students Name \_\_\_\_\_ Age \_\_\_\_\_

1st choice session # \_\_\_\_\_ Level \_\_\_\_\_ Time \_\_\_\_\_

2nd choice session # \_\_\_\_\_ Time \_\_\_\_\_

Students Name \_\_\_\_\_ Age \_\_\_\_\_

1st choice session # \_\_\_\_\_ Level \_\_\_\_\_ Time \_\_\_\_\_

2nd choice session # \_\_\_\_\_ Time \_\_\_\_\_

Students Name \_\_\_\_\_ Age \_\_\_\_\_

1st choice session # \_\_\_\_\_ Level \_\_\_\_\_ Time \_\_\_\_\_

2nd choice session # \_\_\_\_\_ Time \_\_\_\_\_

*\*\*I would like to be on a waiting list for session # \_\_\_\_\_  
(If you are on a waiting list for a second session, you will  
be notified upon availability)*

Parent/Guardian \_\_\_\_\_

Address \_\_\_\_\_  
(street) (city)

Phone: Home \_\_\_\_\_ Work \_\_\_\_\_

Fee Enclosed \_\_\_\_\_

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## Swimmer Daily Fees

### District Residents

Daily Fees (all ages)....\$3.00

Child (under 5).....no charge

### Non-Residents

Daily Fees (all ages)....\$5.00

Child (under 5).....no charge

## Summer Pass

June 1, 2011 – August 31, 2011

### District Residents\*

Student (ages 5–17) \$18.00

Adult Pass ..... \$37.00

Family Pass .....\$44.00

Senior Citizens\*\* ..... \$20.00

### Non-Residents\*

Student (ages 5–17) \$60.00

Adult Pass ..... \$79.00

Family Pass .....\$148.00

Senior Citizens\*\* ..... \$60.00

## Calendar Year Pass

January 1, 2011 – December 31, 2011

### District Residents\*

Student (ages 5–17) \$40.00

Adult Pass ..... \$75.00

Family Pass .....\$120.00

Senior Citizens\*\* ..... \$40.00

### Non-Residents\*

Student (ages 5–17) \$100.00

Adult Pass ..... \$150.00

Family Pass .....\$300.00

Senior Citizens\*\* ..... \$75.00

### **Pass fees are NOT pro-rated.**

\*District Residents are those residing in the  
Port Washington – Saukville School District.

\*\*Senior Citizens are defined as 60 years and older.

Please be prepared to show proof of age and residency.

*Rates effective June 1, 2009*

# AquaFit Water Exercise Program

*Sponsored by the DAC*

**Monday, Wednesday, Friday . . . 6:00 – 6:45 a.m.**

**Tuesday & Thursday . . . . . 6:15 – 7:00 p.m.**

Offered during the school year only.

Join us for this zesty water exercise program!

- Get fit
- Work out
- Have fun

Whether you're an experienced water exerciser or a first timer, you'll benefit from this easy-to-follow program. Your hair stays dry while your body gets an invigorating wet workout.

### Class fees:

**Pool Pass holders:** \$1 per class (pay as you go)

**Others:** District residents \$3, non-residents \$5

***Get Fit with AquaFit...  
You'll Have a Splashing Good Time!***

For more information, call class instructor Donna at 262-285-3434



*This class will prepare you for the day!*

# Swimming Lesson Registration

Port Washington/Saukville School District registration **ONLY** will be accepted beginning Monday, **May 2, 2011**.

**Non-school district registration** will be accepted beginning Monday, **May 9, 2011**.

**Please note:** NO early registration will be accepted. Any that are received in the office before **May 2, 2011** will be returned. All registrations MUST have a self-addressed stamped envelope for confirmation notification.

**Drop-Off** at the **District Aquatic Center** will be accepted only during open pool hours.

\*\*\*\*Note: All information must be completed as follows for **mail-in process!**

### Registration by mail:

- Use registration form
- Fill-in student/parent information
- Fill-in class(es) requested, session number and time.
- Indicate a second choice.
- Fill-in fee submitted
- Checks should be made payable to: District Aquatic Center
- Mail form, class fee, and self-addressed stamped envelope to:

**District Aquatic Center**  
1403 N. Holden Street  
Port Washington, WI 53074



A receipt will be returned promptly, (be sure to include a SASE), marked with the level, session number and time of accepted registration. If all classes desired are filled you will be put on a waiting list, however your registration form and fee will be returned to you. You will be notified of openings upon availability.

**No In-Person registration will be held!**

***Please send separate check for Lessons and passes!***

**WE LOVE PARENTS, AND...** with your child's best interest in mind, parents are invited to sit in the balcony area. Our instructors have found that their quality of instruction is affected by parent and/or sibling distractions and interruptions. Our instructors welcome the opportunity to discuss participants with parents.

## Youth Swim Class Descriptions

### Parent & Child 6 months – 4 years

The Parent/Child Swim instruction is designed to introduce both the parent and child to skills which provide a safe, progressive, and social environment in shallow water. **No disposable diapers please.**

### Look at Me Go! – 4 & 5 years

This is a transitional class between Parent-Child and Level 1. Parents will participate in class with child (1child per parent) for the first three classes and child will be slowly separated from parent.

### Level 1 – Introduction to Water Skills (5 years)

This level offers swimmers the first opportunity to learn basic water adjustment skills. Students will learn to fully submerge for 5 seconds, supported front & back float, and supported kicking on front and back.

### Level 2 – Fundamental Water Skills

This level develops the flutter kick, free floating, combined stroke on front and back and treading. Independent swimming is also encouraged.

### Level 3 – Stroke Development

This level coordinates rhythmic breathing for front crawl stroke. Butterfly kick, survival float and starter dives are introduced.

### Level 4 – Stroke Improvement

This level concentrates on endurance elementary back stroke and breast stroke kick. Also introduces butterfly, scissors kick and standing dives.

### Level 5 – Stroke Refinement

This level refines the coordination and increases endurance of the front and back crawl, elementary backstroke, butterfly and breaststroke. The sidestroke will be introduced along with flip turns and surface dives.

### Level 6 – Water Safety Class

This level focuses on endurance for all swimming strokes and introduces personal water safety skills.

### Fundamentals of Diving

Learn all the fundamentals of diving-from starter dives to board diving. A level 3 swim ability is required for this course.

### Questions ?

Call the DAC at 262 268-6228

## Other Aquatic Programs

### Adult Lap Swim Exercise

The District Aquatic Center offers kickboards, pullbuoys, handpaddles, and swim fins for adults who want to keep fit. For use during adult lap swim and open swim in lanes only. Students must be of high school age to use lanes.

### Swim & Stay Fit

Swimmers can record their goal on a wall chart at the District Aquatic Center. Each 1/4 mile (440 yds) is recorded with the goal of 50 miles.

### Deep Water Jogging

Aqua vests are available for use by anyone who would like to try deep water jogging.

### Exercise Station

An exercise station is available in the deep water for a complete workout. Ask for the exercise manual in the pool office.

### Private Lessons: See page 8.

### Lifeguard Training Course

Must be 15 years of age and complete pre-skills test successfully. PWHS students may receive 1/2 credit towards Physical Education credits. \$70.00 includes required books and pocket mask. Classes will be held June 20–24, 2011 from 9:00 a.m. – 4:00 p.m. in conjunction with Summer School. Contact the District Aquatic Center for more information.

### Water Safety Instructor (WSI)

For individuals interested in teaching American Red Cross Swimming and Water Safety courses. Must be 16 years of age and complete preskills test successfully. PWHS students may receive 1/2 credit towards Physical Education credits. Available upon need. Contact the District Aquatic Center or the American Red Cross for dates and times. 1-800-236-8680.

### Comments or Suggestions?

*A box is located inside the pool office for your comments and suggestions. We would love to hear from you.*

## Related Aquatic Opportunities

# WAM

*This children's swim club teaches the four competitive swim strokes and emphasizes fun. Call Steve at 920-894-2306*



## American Red Cross Swimming and Water Safety Courses

The District Aquatic Center offers the American Red Cross Swimming and Water Safety Courses. There are two sessions of lessons. You may sign-up for any one of the sessions, but no more. Please note a 1st and 2nd choice. If you have an interest in another session, you will be put on a waiting list. (See Lesson Registration Form)

### There are two sessions of lessons offered

**Session 1:** June 13 – June 24 9:00–12:00

**Session 2:** Aug. 1 – Aug. 12 9:00–12:00

### Session 1 & 2 Offered Courses

*Children must be at least 5 years old to be in Levels 1–6.*

<u>9:00 – 9:40</u>	<u>9:45 – 10:25</u>	<u>10:30 – 11:10</u>	<u>11:15 – 11:55</u>
Parent/Child	Look At Me Go!	Level 3	Level 1
Level 2	Level 1	Level 4	Level 2
Level 3	Level 2	Level 5	Fundamentals of Diving
		Level 6	

#### Please Note:

The American Red Cross has changed the format of the Swimming Lesson Program. Since the skill requirements for each level have changed, pre-testing will be held on the first day of class. Some students will be moved to a different level.

## Swimming Lesson Fees

### **Community Service Group Swimming Lessons**

Resident \$35.00      Non-Resident \$60.00

*(Includes: 9 lessons and Family Fun Day!)*

**Private Swimming Lessons** – Resident only \$22.00  
(1 staff member per 1/2 hour.) (Subject to instructor availability).

[www.pwssd.k12.wi.us](http://www.pwssd.k12.wi.us)