



Youth Swim Programs

The Goodman Pool is proud to offer the American Red Cross Swimming and Water Safety Program that features six levels of learn to swim instruction to help swimmers of all ages and abilities develop their swimming and water safety skills.

The skills in each level progress gradually as swimmers grow in knowledge and skill. It is not uncommon for swimmers to stay in a particular level several sessions before successful completion. It is natural for swimmers to develop motor skills and comfort levels at a different pace.

The Goodman Pool staff is committed to quality and safety. All of the instructors are certified American Red Cross Water Safety instructors and lifeguards.



Swimming Lesson Registration

Register online at www.cityofmadison.com/parks or mail registration form to Goodman Pool at 325 Olin Ave., Madison, WI 53713.

Swim Lessons

| | |
|---------------------------|-------|
| Parent/Child & Pre-School | \$ 43 |
| Levels 1-6 | \$ 40 |
| Adult | \$ 46 |
| Junior Lifeguard Academy | \$ 45 |
| Goodman Shark Swim Team | \$160 |

Confirmation

Goodman Pool staff will mail or e-mail a receipt/confirmation of your enrollment. We will notify you if a class has filled, been canceled or the time has changed.

Payment

All classes are for 8 lessons.
Checks, cash or credit card accepted.
Please make checks payable to: City Treasurer
Mail to: Goodman Pool
325 Olin Ave.
Madison, WI 53713

Refunds

Full refunds are made if the Goodman Pool cancels a class. Refunds minus a \$10 administrative fee will be given for all other reasons.





Youth Swim Programs

| Class | Requirements | Description |
|---|---|--|
| Parent/Child | 9 months - 5 years 1 (one) parent per child is required to be in the water for all classes. | The Parent/Child swim class is designed to introduce both the parent and child to swimming and water safety skills in a safe and supportive environment. Instruction is given on elementary water skills through songs, games and activities. (40 minutes) |
| Pre-school | 3-5 years | Younger swimmers who are ready to participate in a group setting without a parent will learn water exploration, basic swimming skills and water safety. (30 minutes) |
| Level 1 Introduction to Water Skills | Must be 5 years or older. No exceptions. Children must be ready to participate on their own. | This class is designed to help students feel comfortable in the water. Students will learn basic water safety rule; swimming on front and back, using arm and leg actions; using a life jacket; recognizing a swimmer in distress and getting help; submerging mouth, nose and eyes; exhaling underwater, opening eyes underwater and up submerged objects; and floating on front and back. (30 minutes) |
| Level 2 Fundamental Aquatic Skills | Passed Level 1 6-12 years | Instruction builds on giving students success with fundamental skills. Students will practice moving in the water while wearing a life jacket, recognizing a swimmer in distress and getting help, submerging entire head, bobbing in water, front and back glide, jellyfish float, treading water using arm and leg motions, and swimming using combined stroke on front and back. (40 minutes) |
| Level 3 Stroke Development | Passed Level 2 6-12 years | This class builds on fundamental skills and provides additional guided practice to improve reaching assists, kneeling or standing dives (shallow dive progression), submerging and retrieving an object, rotary breathing in horizontal position, front and back glide, survival float, back float, front and back crawl, butterfly kick and body motion. (40 minutes) |
| Level 4 Stroke Development | Passed Level 3 and MUST be comfortable in deep water. 7-14 years | The stroke improvement class is designed to help swimmers develop confidence in learned strokes and to improve other aquatic skills including throwing assists, safe diving rules, diving from strike position, feet-first surface dive, survival float, back float, front and back crawl, elementary backstroke, breaststroke and butterfly. (40 minutes) |
| Level 5 Stroke Refinement | Passed Level 4 7-14 years | Swimmers further coordination and refinement of strokes by learning survival swimming, performing rescue breathing, standing dive (diving progression), tuck surface dive and pike surface dive, open turns on front and back crawl, and elementary backstroke, butterfly, breaststroke and sidestroke. (40 minutes) |
| Level 6 Springboard Diving | Passed Level 5 | This course focuses on reviewing diving fundamentals, introduction to diving off the board safely, 3-step approach to diving and water entry. Swimmers will practice front dives, back dives and flips. (40 minutes) |
| Junior Lifeguard Academy | Passed Level 5 Swim 100 yards continuously Swim 10 yards underwater Tread water for 3 minutes 11-15 years | The Academy is designed for young swimmers to build a foundation of knowledge, skills and attitudes to become future beach or pool lifeguards. The academy includes instruction in water safety, swimming, first aid, lifesaving, and rescue skills through the use of professional lifeguard equipment such as rescue tubes, rescue boards and backboards. This course is designed to guide young swimmers to the American Red Cross Lifeguarding program and certification process. (40 minutes) |

Goodman Swimming Pool
325 Olin Ave.
Madison, WI 53713
www.cityofmadison.com/parks
goodmanpool@cityofmadison.com
(608) 264-9292, Swimming Lessons: 261-9172

MadisonParks





Swimming Lessons

Swim Lesson Registration Guidelines

1. Swim Lessons include for 8 training sessions. Monday -Thursday for two weeks or on Saturdays once a week for 8 weeks. Parent/Child and Pre-School lessons are \$43.00; Levels 1-6 cost \$40.00; Adult lessons are \$46.00.
2. Parent/Child, Pre-school and Level 1 are 30 minutes; all other classes are 40 minutes.
3. To ensure your child's proper placement in the Red Cross Learn to Swim levels please carefully review the class goals. If you are unsure about placement, call 261-9172.
4. For the safety of the swimmer, children will not be allowed to stay in incorrect levels.
5. A minimum of 6 students must be registered for a class to run.
6. For the comfort of all, children over 5 years old must use the same sex locker room. Family changing rooms are available for swim lesson use.
7. Children who are not toilet trained must wear a swim diaper.
8. Please let us know if your child has any medical conditions or other problems to ensure their safety.

Confirmation of Enrollment & Refunds

Goodman Pool staff will mail or e-mail a receipt/confirmation of your enrollment. We will also notify you if a class has filled, been canceled or the time has changed. Keep a copy of your enrollment and schedule.

Full refunds are made if the Goodman Pool cancels a class. Refunds, minus a \$10.00 administrative fee, will be given for all other reasons.

Inclement Weather & Make-up Policy

Because of the progressive nature of the program and limited class size, no make-up classes are offered for lessons missed by participants. Classes will be held if it is raining. Classes will be canceled in the event of lightning and/or thunder.

Family Members and Observing Lessons

We love parents and family members supporting their child's learning BUT ... According to the Wisconsin State Code 172.09, family members are not allowed in the pool area (except for the Parent/Child classes). In order to provide the best learning environment, family members must remain in the observation/concession area. This allows for less distraction for students and provides a more comfortable environment for spectators. This will also help your child from continually trying to interact with you during their class so their attention remains focused on their instructor.



Swimming Lesson Schedule

Session I: June 22 - July 2

Monday - Thursday

| Class Time | Class Name | Course # |
|---------------------|--------------------------|----------|
| 9:05a.m.-9:45a.m. | Level 2 | 11020-1 |
| | Level 3 | 11030-2 |
| | Level 5 | 11050-1 |
| 9:15a.m.-9:45a.m. | Parent/Child | 11100-1 |
| | Pre-School | 11110-1 |
| | Level 1 | 11010-1 |
| 10:00a.m.-10:30a.m. | Parent/Child | 11100-2 |
| | Pre-School | 11110-2 |
| | Level 1 | 11010-2 |
| 10:00a.m.-10:40a.m. | Level 2 | 11020-2 |
| | Level 4 | 11040-1 |
| | Junior Lifeguard Academy | 11260-1 |
| | | |
| 10:45a.m.-11:15a.m. | Parent/Child | 11100-3 |
| | Pre-School | 11110-3 |
| | Level 1 | 11010-3 |
| 10:45a.m.-11:25a.m. | Level 3 | 11030-2 |
| | Level 4 | 11040-2 |
| | Level 6 - | 11160-1 |
| | Springboard Diving | |

Evening Classes

| Class Time | Class Name | Course # |
|--------------------|--------------|----------|
| 4:40p.m.-5:10p.m. | Parent/Child | 11101-1 |
| | Pre-School | 11111-1 |
| | Level 1 | 11011-1 |
| 4:40p.m.-5:20p.m. | Level 2 | 11021-1 |
| | Level 3 | 11031-1 |
| | Level 4 | 11041-1 |
| 5:25p.m.-5:55p.m.. | Parent/Child | 11101-2 |
| | Pre-School | 11111-2 |
| | Level 1 | 11011-2 |
| 5:25p.m.-6:05p.m. | Level 2 | 11021-2 |
| | Level 3 | 11031-2 |
| | Level 4 | 11041-2 |
| | Level 5 | 11051-1 |
| | | |

Session II: July 6 - 16

Monday - Thursday

| Class Time | Class Name | Course # |
|---------------------|--------------------------|----------|
| 9:05a.m.-9:45a.m. | Level 2 | 12020-1 |
| | Level 3 | 12030-2 |
| | Level 5 | 12050-1 |
| 9:15a.m.-9:45a.m. | Parent/Child | 12100-1 |
| | Pre-School | 12110-1 |
| | Level 1 | 12010-1 |
| 10:00a.m.-10:30a.m. | Parent/Child | 12100-2 |
| | Pre-School | 12110-2 |
| | Level 1 | 12010-2 |
| 10:00a.m.-10:40a.m. | Level 2 | 12020-2 |
| | Level 4 | 12040-1 |
| | Junior Lifeguard Academy | 12260-1 |
| | | |
| 10:45a.m.-11:15a.m. | Parent/Child | 12100-3 |
| | Pre-School | 12110-3 |
| | Level 1 | 12010-3 |
| 10:45a.m.-11:25a.m. | Level 3 | 12030-2 |
| | Level 4 | 12040-2 |
| | Level 6 - | 12160-1 |
| | Springboard Diving | |

Evening Classes

| Class Time | Class Name | Course # |
|--------------------|----------------|----------|
| 4:40p.m.-5:10p.m. | Parent/Child | 12101-1 |
| | Pre-School | 12111-1 |
| | Level 1 | 12011-1 |
| 4:40p.m.-5:20p.m. | Level 2 | 12021-1 |
| | Level 3 | 12031-1 |
| | Level 4 | 12041-1 |
| 5:25p.m.-5:55p.m.. | Parent/Child | 12101-2 |
| | Pre-School | 12111-2 |
| | Level 1 | 12011-2 |
| 5:25p.m.-6:05p.m. | Level 3 | 12031-2 |
| | Level 4 | 12041-1 |
| | Level 5 | 12051-1 |
| | Adult Beginner | 12201-1 |
| | | |

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MadisonParks





Swimming Lesson Schedule

| Session III: July 20 - 30 | | |
|----------------------------------|---|--|
| Monday - Thursday | | |
| <i>Class Time</i> | <i>Class Name</i> | <i>Course #</i> |
| 9:05a.m.-9:45a.m. | Level 2 Level 3 Level 5 | 13020-1 13030-2 13050-1 |
| 9:15a.m.-9:45a.m. | Parent/Child Pre-School Level 1 | 13100-1 13110-1 13010-1 |
| 10:00a.m.-10:30a.m. | Parent/Child Pre-School Level 1 | 13100-2 13110-2 13010-2 |
| 10:00a.m.-10:40a.m. | Level 2 Level 4 Junior Lifeguard Academy | 13020-2 13040-1 13260-1 |
| 10:45a.m.-11:15a.m. | Parent/Child Pre-School Level 1 | 13100-3 13110-3 13010-3 |
| 10:45a.m.-11:25a.m. | Level 3 Level 4 Level 6 - Springboard Diving | 13030-2 13040-2 13160-1 |
| Evening Classes | | |
| <i>Class Time</i> | <i>Class Name</i> | <i>Course #</i> |
| 4:40p.m.-5:10p.m. | Parent/Child Pre-School Level 1 | 13101-1 13111-1 13011-1 |
| 4:40p.m.-5:20p.m. | Level 2 Level 3 Level 4 | 13021-1 13031-1 13041-1 |
| 5:25p.m.-5:55p.m.. | Parent/Child Pre-School Level 1 | 13101-2 13111-2 13011-2 |
| 5:25p.m.-6:05p.m. | Level 2 Level 3 Level 4 Level 5 | 13021-2 13031-2 13041-2 13051-1 |

| Session IV: August 3 - 13 | | |
|----------------------------------|---|--|
| Monday - Thursday | | |
| <i>Class Time</i> | <i>Class Name</i> | <i>Course #</i> |
| 9:05a.m.-9:45a.m. | Level 2 Level 3 Level 5 | 14020-1 14030-2 14050-1 |
| 9:15a.m.-9:45a.m. | Parent/Child Pre-School Level 1 | 14100-1 14110-1 14010-1 |
| 10:00a.m.-10:30a.m. | Parent/Child Pre-School Level 1 | 14100-2 14110-2 14010-2 |
| 10:00a.m.-10:40a.m. | Level 2 Level 4 Junior Lifeguard Academy | 14020-2 14040-1 14260-1 |
| 10:45a.m.-11:15a.m. | Parent/Child Pre-School Level 1 | 14100-3 14110-3 14010-3 |
| 10:45a.m.-11:25a.m. | Level 3 Level 4 Level 6 - Springboard Diving | 14030-2 14040-2 14160-1 |
| Evening Classes | | |
| <i>Class Time</i> | <i>Class Name</i> | <i>Course #</i> |
| 4:40p.m.-5:10p.m. | Parent/Child Pre-School Level 1 | 14101-1 14111-1 14011-1 |
| 4:40p.m.-5:20p.m. | Level 2 Level 3 Level 4 | 14021-1 14031-1 14041-1 |
| 5:25p.m.-5:55p.m.. | Parent/Child Pre-School Level 1 | 14101-2 14111-2 14011-2 |
| 5:25p.m.-6:05p.m. | Level 3 Level 4 Level 5 Adult Beginner | 14031-2 14041-2 14051-1 14201-1 |

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MadisonParks





Swimming Lesson Schedule

Session V: August 17 - 27

Monday - Thursday

| Class Time | Class Name | Course # |
|---------------------|--------------------------|----------|
| 9:05a.m.-9:45a.m. | Level 2 | 15020-1 |
| | Level 3 | 15030-2 |
| | Level 5 | 15050-1 |
| 9:15a.m.-9:45a.m. | Parent/Child | 15100-1 |
| | Pre-School | 15110-1 |
| | Level 1 | 15010-1 |
| 10:00a.m.-10:30a.m. | Parent/Child | 15100-2 |
| | Pre-School | 15110-2 |
| | Level 1 | 15010-2 |
| 10:00a.m.-10:40a.m. | Level 2 | 15020-2 |
| | Level 4 | 15040-1 |
| | Junior Lifeguard Academy | 15260-1 |
| | | |
| 10:45a.m.-11:15a.m. | Parent/Child | 15100-3 |
| | Pre-School | 15110-3 |
| | Level 1 | 15010-3 |
| 10:45a.m.-11:25a.m. | Level 3 | 15030-2 |
| | Level 4 | 15040-2 |
| | Level 6 - | 15160-1 |
| | Springboard Diving | |

Evening Classes

| Class Time | Class Name | Course # |
|--------------------|--------------|----------|
| 4:40p.m.-5:10p.m. | Parent/Child | 15101-1 |
| | Pre-School | 15111-1 |
| | Level 1 | 15011-1 |
| 4:40p.m.-5:20p.m. | Level 2 | 15021-1 |
| | Level 3 | 15031-1 |
| | Level 4 | 15041-1 |
| 5:25p.m.-5:55p.m.. | Parent/Child | 15101-2 |
| | Pre-School | 15111-2 |
| | Level 1 | 15011-2 |
| 5:25p.m.-6:05p.m. | Level 2 | 15021-2 |
| | Level 3 | 15031-2 |
| | Level 4 | 15041-1 |
| | Level 5 | 15051-1 |
| | | |

Saturday Morning Lessons

June 20 - August 15

(No classes July 4)

| Class Time | Class Name | Course # |
|---------------------|----------------|----------|
| 9:00a.m.-9:30a.m. | Parent/Child | 19100-1 |
| | Pre-School | 19110-1 |
| | Level 1 | 19010-1 |
| 9:00a.m.-9:40a.m. | Level 2 | 19020-1 |
| | Level 3 | 19030-1 |
| | Level 4 | 19040-1 |
| 9:45a.m.-10:15a.m. | Parent/Child | 19100-2 |
| | Pre-School | 19110-2 |
| | Level 1 | 19010-2 |
| 9:45a.m.-10:25a.m. | Level 2 | 19020-2 |
| | Level 3 | 19030-2 |
| | Level 5 | 19050-1 |
| | Adult Beginner | 19201-1 |
| | | |
| 10:25a.m.-10:55a.m. | Parent/Child | 19100-3 |
| | Pre-School | 19110-3 |
| | Level 1 | 19010-3 |



Scholarships

Goodman Pool offers everyone a place to enjoy Madison in the summertime, a place where everyone can have a chance to learn and play regardless of financial circumstances.

To be considered for financial aid, complete and submit an application, including a supporting letter, to the Madison Parks Foundation by June 5. Applications are available at the Madison Parks Office, Goodman Pool or at on-line at www.cityofmadison.com/parks. Individuals, families and social service agencies are encouraged to apply.

Priority will be given to swimming lesson and swim team requests.





Goodman Pool Swim Team - Go Sharks!

Goodman Pool and McFarland Spartan's have created a gold medal partnership with the Sharks swim team at Goodman Pool. This competitive swim team is open to the youth of Madison, 6 years and older, who have had previous swim lessons and are comfortable swimming at least 2 lengths of the pool.

The Sharks Swim Team offers an environment where the swimmers enjoy the experience of competitive swimming through improvement of their strokes and racing techniques, improved personal race times, appreciation of team friendships and team spirit. Swimmers will enjoy daily practices with expert coaching at Goodman Pool and competitive swim meets throughout the season.

Swim Team Dates - 6 Week Program

June 15 - July 31 (6 Week Program)

Parents Meeting: Wednesday, June 1 at 6:30

Week 1, June 15-19, Monday - Friday, 7:00-9:00a.m.

Weeks 2-6, June 22 - July 31, Monday-Friday, 9:00a.m.-10:00a.m.

Age Groups

Ages 12 and Under

Ages 12 and Over (or 12 and over with no swim team experience)

Registration

To register, call the Goodman Pool Manager at 608-264-9292

Cost for summer: \$160

Scholarships available

Parents Meeting

A mandatory parent's meeting will be held on Wednesday, June 1 at 6:30 at the Goodman Pool to cover material in the Parent's Handbook relating to: team responsibilities, swim team practices, swim meets and to answer questions.



Adult Swim Programs

Adult Beginner Swim Lessons

The course is designed for adults who are beginner swimmers. The course will orient you to the aquatic environment so you feel comfortable in the water. Skills taught include: basic swimming strokes, front crawl, elementary backstroke, breaststroke and sidestroke; deep water introduction; and endurance swimming. Skills are customized to individual class needs and expectations.

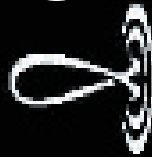
| Age | Dates | Days | Time | Fee |
|-----|-------------|-----------------|--------------------|------|
| 14+ | July 6-16 | Monday-Thursday | 5:25p.m.- 6:05p.m. | \$46 |
| 14+ | August 3-13 | Monday-Thursday | 5:25p.m.- 6:05p.m. | \$46 |

Masters Swim

An organized, coached workout program promoting fitness for adults through the sport of swimming. Swimmers should be able to swim 500 yards non-stop. Stroke mechanics and analysis by an experienced masters swimmer and coach. Participants may sign up for one of the three courses or may participate on a drop-in basis for \$8.00/session.

| Age | Dates | Days | Time | Fee |
|-------------------|------------------|-----------|--------------------|---------|
| 18+ | June 15 - Aug 31 | Monday | 6:00a.m.- 7:00a.m. | \$55 |
| 18+ | June 17 - Sept 2 | Wednesday | 6:00a.m.- 7:00a.m. | \$55 |
| 18+ | June 19 - Sept 4 | Friday | 6:00a.m.- 7:00a.m. | \$55 |
| Drop in daily Fee | | | | \$8/day |





Goodman Pool Swimming Lesson Registration

Parent/Guardian Information

In exchange for the privilege of using these facilities, I agree that I will be liable to and hold harmless the city of Madison and its officers and officials, agents and employees against all loss or expense including attorney's fees by reason of any claim or suit, or the liability imposed by law upon the city or its agents or employees for damages because of bodily injury including death at any time resulting wherefrom, sustained by any person or persons or on account or damages to property, including loss of use thereof, arising from, in connection with, caused by or resulting from my act or omission in attending and using these facilities, whether caused by or contributed to by the City or its agents or employees.

Name _____ First _____ Last _____
Address _____ Street _____ City/State/Zip _____
Phone _____ Primary _____ Secondary _____
E-mail _____ (for pool notices only)

_____ Signature
required for participation

Confirmation: Goodman Pool staff will mail or e-mail a receipt/confirmation of your enrollment.

| Participants who you are registering First and Last Name | Age | Session Dates | Class Name | Class Time | Course Number | Second Choice | Fees |
|---|-----|---------------|------------|------------|---------------|---------------|--------------|
| | | | | | | | |
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| | | | | | | | |
| Cost of Classes: Parent/Child & Preschool, \$43; Levels 1-6, \$40; Adult, \$46; Junior Lifeguard, \$45 | | | | | | | Total |

Make Checks payable to _____ Charge my MasterCard or VISA account:
City Treasurer Amt: \$ _____ Card # _____ Expires: _____
 Mail to: Goodman Pool
 325 Olin Ave. Authorizing Signature _____
 Madison, WI 53713

Administrative Staff Use Only
 Received Date _____ / Check # _____ Amount \$ _____ Entered in _____ book
 Scholarship Payment Received Date _____ RecTrac _____