



# MSCR Aquatics at Goodman Pool Summer 2022



[mscr.org](http://mscr.org) • 608.204.3025

**Madison Parks & MSCR are excited to announce swim lessons and aquatic programs at the Goodman Pool, 325 W Olin Ave.**

## POLICIES & PROCEDURES

### GETTING TO THE POOL

Participants should enter and exit using the swim lessons gate (to the left of the main entrance) and wait in the cabana area until lessons begin. Do not enter the pool area until 5 minutes before your lesson time. After your lesson concludes, please exit within 5 minutes. Spectators must remain in the cabana area for the duration of the lesson.

### WHAT TO BRING

Participants should arrive swim-ready for their lesson and bring their own sunscreen and towel. Patrons are allowed to bring bags and towels to the spectator area. MSCR and the City of Madison are not responsible for any lost or damaged items.

### BEFORE & AFTER YOU SWIM

Showers must be taken before swimming and long hair must be restrained. Lockers are available on the pool deck, near the restrooms. Men's, women's and all-gender restrooms are available for changing after lessons. MSCR affirms the right of individuals to use facilities that align with their gender identity.

## CLASS DESCRIPTIONS

### CHILD + ADULT LESSONS

Active adult participation is required.

#### LITTLE DIPPERS (6 MONTHS – AGE 2)

An introductory class that familiarizes children to the water and teaches swimming readiness skills. Provides safety information for guardians and teaches techniques that can be used to orient children to the water.

#### SWIM WITH ME (AGES 5-13)

A transition class for youth who are not quite ready for (or do not want) independent instruction. Instructors work with each family individually on a transition plan into youth swim lessons. Youth learn basic swimming strokes and about water safety, closely following Red Cross Level 1 skills.

\*Swim With Me is not instruction for adults who want to learn how to swim (please see Teen/Adult Swim Instruction).

#### PRESCHOOL SWIM LESSONS (AGES 3 - 5)

Prerequisite: must be toilet trained and comfortable without an adult in the water. A variety of swim aids are utilized to assist in skills development and encourage the discovery of independent movement through the water, based on the child's developmental age. If your child isn't ready to participate without an adult in the water, consider a Child + Adult class.

#### YOUTH SWIM LESSONS (AGES 5 - 13)

MSCR is a licensed American Red Cross Learn-to-Swim provider. A variety of swim aids are utilized in all class levels to encourage the discovery of independent movement through the water and to assist in building endurance.

#### LEVEL 1: INTRODUCTION TO WATER SKILLS

No swimming skills necessary. Introduces basic aquatics skills. Begin developing positive attitudes, effective swimming habits and safe practices in and around the water.

#### LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Gives participants success with fundamental and locomotion skills in the water, including how to float and glide without support and recover to a vertical position.



For Preschool and Youth lessons, please register for a time slot. Swimmers who are either new to MSCR or who have not taken lessons in the previous calendar year are tested to determine their class placement. MSCR emphasizes skill progression rather than numerical level. Additional information is sent via email one week prior to lessons beginning.

#### LEVEL 3: STROKE DEVELOPMENT

Builds on previous skills by providing additional guided practice in deeper water. Example skills: rotary breathing, treading, elementary backstroke and headfirst entries in deep water.

#### LEVEL 4: STROKE IMPROVEMENT

Helps develop confidence in the strokes learned in previous levels and improves other aquatic skills. Example skills: back crawl, sidestroke, breaststroke, butterfly and surface dives.

#### LEVEL 5: STROKE REFINEMENT

Teaches how to coordinate and refine strokes. Example skills: flip turns, sculling and shallow-angle dives.

#### LEVEL 6: FITNESS SWIMMER

Works on refining strokes with greater efficiency and effectiveness over longer distances. Example skills: circle swimming, using a pace clock, using a pull buoy and turns.

#### TEEN/ADULT SWIM INSTRUCTION (AGES 13+)

This class orients swimmers to the aquatic environment to feel comfortable in the water in a small group. Instruction is individualized based on swimmers' goals and proficiency levels.

#### ADULT WATER FITNESS

Teens ages 14-17 may register with a participating adult.

#### AQUA CIRCUIT

A high-energy workout, this class includes cardio and muscle conditioning using noodles and aqua dumbbells. Aqua endurance and interval training, followed by strength and core work and a short cool down. You do not need to be a swimmer to participate, as the class is conducted in shallow water.

#### DEEP WATER EXERCISE

A solid aerobic, cross-training workout without the impact and strain on joints. Aqua endurance, strength and core work followed by a short cool down. Flotation belts provided, but you should feel comfortable in deep water.



## Class Information

### YOUTH DAYTIME

Day & Date	Time	Class	Fee	Course#
Monday-Thursday Session 1 6/13-6/23	8:30-9:00am	Youth Lessons Ages 5-10 (L1-L3)	\$44	33587
	9:10-9:40am	Youth Lessons Ages 5-10 (L1-L3)	\$44	33588
	9:50-10:20am	Little Dippers Preschool Ages 3-5	\$51 \$51	33589 33590
Monday-Thursday Session 2 6/27-7/7 *7 classes Skip 7/4	8:30-9:00am	Youth Lessons Ages 5-10 (L1-L3)	\$39	33591
	9:10-9:40am	Youth Lessons Ages 5-10 (L1-L3)	\$39	33592
	9:50-10:20am	Youth Lessons Ages 5-10 (L1-L3)	\$39	33593
Monday-Thursday Session 3 7/11-7/21	8:30-9:00am	Youth Lessons Ages 5-10 (L1-L3)	\$44	33594
	9:10-9:40am	Little Dippers Preschool Ages 3-5	\$51 \$51	33595 33596
	9:50-10:20am	Youth Lessons Ages 5-10 (L1-L3)	\$44	33597
Monday-Thursday Session 4 8/1-8/11	8:30-9:00am	Youth Lessons Ages 5-13	\$44	33598
	9:10-9:40am	Youth Lessons Ages 5-13	\$44	33599
	9:50-10:20am	Youth Lessons Ages 5-13	\$44	33600
Monday-Thursday Session 5 8/15-8/25	8:45-9:15am	Little Dippers Preschool Ages 3-5	\$51 \$51	33601 33602
	9:25-9:55am	Youth Lessons Ages 5-13	\$44	33603
	10:05-10:35am	Youth Lessons Ages 5-13	\$44	33604
	10:45-11:15am	Youth Lessons Ages 5-13	\$44	33605
	11:25-11:55am	Little Dippers	\$51	33606
		Preschool Ages 3-5	\$51	33607

Daytime sessions are 8 classes unless otherwise noted.  
Evening sessions are 9 classes unless otherwise noted.

### ADULT EVENING

Day & Date	Time	Class	Fee	Course#
Monday 6/13-8/15 Skip 7/4, 7/25 *8 classes	6-7pm	Aqua Fitness- Deep Water	\$44	33608
	7:15-8:15pm	Aqua Fitness- Aqua Circuit	\$44	33609
Tuesday 6/14-8/16 Skip 7/26	6-7pm	Aqua Fitness- Aqua Circuit	\$50	33610
	7:15-8:15pm	Aqua Fitness- Deep Water	\$50	33611
	7:20-7:50pm	Teen/Adult	\$61	33612
Wednesday 6/15-8/17 Skip 7/27	6-7pm	Aqua Fitness- Deep Water	\$50	33613
	6:40-7:10pm	Teen/Adult	\$61	33614
	7:15-8:15pm	Aqua Fitness- Aqua Circuit	\$50	33615
Thursday 6/16-8/18 Skip 7/28	6-7pm	Aqua Fitness- Deep Water	\$50	33616
	7:15-8:15pm	Aqua Fitness- Aqua Circuit	\$50	33617

### YOUTH EVENING

Day & Date	Time	Class	Fee	Course#
Monday 6/13-8/15 Skip 7/4, 7/25 *8 classes	6-6:30pm	Little Dippers	\$51	33618
		Preschool Ages 3-5	\$51	33619
	6:40-7:10pm	Youth Lessons Ages 5-13	\$44	33620
	7:20-7:50pm	Youth Lessons Ages 5-13	\$44	33621
Tuesday 6/14-8/16 Skip 7/26	6-6:30pm	Youth Lessons Ages 5-13	\$50	33622
	6:40-7:10pm	Youth Lessons Ages 5-13	\$50	33623
Wednesday 6/15-8/17 Skip 7/27	6-6:30pm	Youth Lessons Ages 5-13	\$50	33624
	7:20-7:50pm	Youth Lessons Ages 5-13	\$50	33625
Thursday 6/16-8/18 Skip 7/28	6-6:30pm	Little Dippers	\$57	33626
		Preschool Ages 3-5	\$57	33627
		Swim with Me	\$50	33628
	6:40-7:10pm	Youth Lessons Ages 5-13	\$50	33629
	7:20-7:50pm	Youth Lessons Ages 5-13	\$50	33630





Registration opens Monday, March 14, for residents of the Madison Metropolitan School District.  
Non-residents may register beginning Monday, March 28.

**ALL NEW CUSTOMERS MUST  
CREATE AN ACCOUNT TO REGISTER ONLINE  
AT MSCR.ORG.**

**ONLINE:**  
Register for most MSCR  
activities at mscr.org

**FAX:**  
608-204-0557  
Visa/Mastercard

**EMAIL:**  
mscr@madison.k12.wi.us

**MAIL/DROP OFF:**  
MSCR - 3802 Regent St, Madison  
8 - 5 pm, Monday-Friday

1. Complete the Registration Form on page 57. All members of a household may register for multiple classes on one form. Or register at mscr.org, all customers must create an account prior to registering online. All fees include appropriate sales tax.
2. Include first and alternate choice where applicable. If your first choice is full, we will try your alternate choice. If both choices are full, your fee will be returned and you will be wait listed.
3. Make check or money order payable to MSCR. Visa and MasterCard also accepted.
4. Receipts are emailed, unless a stamped, self-addressed envelope is enclosed. Please update your email address.
5. Return to MSCR one of three easy ways: mail, drop off or fax (see above). Please allow at least two full weeks to receive your confirmation. Please note: Online registration confirmations are not mailed. Please print your confirmation at time of registration.

#### COVID-19 DISCLAIMER

All programs listed in this program guide are subject to change, temporary closure or cancellation due to COVID-19. MSCR follows all guidance from state and local authorities as well as the MMSD Superintendent.

#### REFUND POLICY

Full refunds are issued if MSCR cancels a program. Participants wishing to withdraw from a program must make the request in writing. All requests for refunds are subject to a \$5 service charge per transaction.

Refunds for withdrawals will be issued up to 7 days prior to the start of the program. No refunds or credits will be issued with less than 7 days advance notice.

#### CANCELLATIONS

In the event of severe weather, please check mscr.org or call 608-204-3044 for program cancellations. MSCR may cancel programs due to severe weather, facility conflicts, staff illness or other unforeseen circumstances.

#### PROGRAMS AT WARNER PARK COMMUNITY RECREATION CENTER

WPCRC ID Cards are required for programs at Warner Park Community Recreation Center. Please go to mscr.org for a form. Annual WPCRC ID card fees are \$5 for an individual and \$10 for a family (families of more than 4 pay \$3 per person). Non-residents of the City of Madison pay \$15 for an individual and \$25 for a family ID. Please call 608-245-3670 for more information. MSCR does not give discounts for WPCRC members.

#### CUSTOMER PRIVACY STATEMENT

For the privacy and protection of our participants, we only disclose participant information to individuals listed on the individual or family account.

#### FEE ASSISTANCE

MSCR program fees may be partially or fully waived upon request for youth meeting criteria for free or reduced price school meals and adults with income at or below 185% of Federal Poverty Level. Fee assistance is available only to MMSD residents. Participants are encouraged to pay a partial fee. Complete the Fee Assistance Request on the reverse of the Registration Form to apply. Fee assistance requests must accompany the Registration Form and are not granted after registration is processed.

#### GENDER

MSCR recognizes that not all individuals identify with the gender assigned at birth or may identify as a gender other than male or female. Participants are encouraged to register for programs based on the gender with which they identify.

#### INFORMACIÓN EN ESPAÑOL

Las guías de programas de MSCR en español están disponibles en las escuelas de Madison en la oficina del especialista bilingüe o en la oficina principal, o puede buscarlas en la oficina de MSCR en Hoyt o en el Centro Comunitario Warner. Hay una versión disponible en sitio de Internet: mscr.org. Para mayor asistencia, comuníquese con la asistente bilingüe de programas al 204-3057.

#### Law Regarding Concussion Prevention

Wisconsin Act 172 (Concussion Law) states that any child under 19 years of age, who is engaged in an organized athletic activity, athletic game or competition must receive information about the law and return the signed Parent & Athlete Agreement before participating. MSCR is requiring parents to complete forms prior to their child participating in certain programs. For more information go to the MSCR website, www.mscr.org, and click on Concussion Information on the menu. The site has information to read, a video to watch and Parent/Athlete forms to print, sign and return to MSCR.

#### INSURANCE

MSCR does not provide individual accident insurance for participants.

#### MISSED PROGRAMS

Programs missed for individual participant absences (i.e. schedule conflict, vacation, etc.) are not made up, are not eligible for a refund or credit, nor may participants attend a program other than the one in which they are registered. Refunds or credits are not issued for participant absences.

#### NON-DISCRIMINATION STATEMENT

MSCR does not discriminate on the basis of religion, race, creed, color, national origin, ancestry, age, sex, physical appearance, marital status, sexual orientation, gender identity, gender expression, disability, arrest or conviction record, membership in the national guard, state defense force, or any reserve component of the military forces of the United States or this state, political belief, sexual orientation, less than honorable discharge, source of income or the fact that an individual is a student.

#### REGISTRATION POLICIES

Please register at least two weeks prior to the start of the program. Many programs fill rapidly, however, programs that do not meet minimum enrollment may be cancelled. MSCR does not accept registrations or reservations over the phone. Online registration is not available after a program begins. Only registered customers are allowed to participate. Paper registrations are only accepted at the MSCR Office, 3802 Regent Street. Instructors do not accept registration forms at the program site.

#### RESIDENCY

A resident resides at an address within the MMSD; a resident also includes a student who does not reside at an address within the MMSD, but attends school in the MMSD under the Madison School Board's Open Enrollment Policy. Non-residents pay 50 percent more than the listed fees except for programs with a different pricing structure.

#### SERVICES FOR PEOPLE WITH DISABILITIES

MSCR welcomes individuals with disabilities to participate in any program. We provide reasonable accommodations in compliance with the Americans with Disabilities Act (ADA). Please see page 53 for more information on MSCR's Inclusion Services.

#### WAIT LIST

If a program is full, you can add your name to a waiting list. You will be contacted if an opening becomes available for that program or if additional programs are added. If we do not hear from you, your space will be given to the next customer on the waiting list. If you do not want to be placed on the waiting list, click the Remove button that appears on the Shopping Cart screen. Please Note: Placement on a waiting list does not guarantee a space in the program. It is recommended that you choose another program with space.

# MSCR Registration Form

Madison School & Community Recreation Office: MSCR 3802 Regent St, Madison, WI 53705 Phone: 608-204-3000 Fax: 608-204-0557

(Head of Household) Last Name	First Name	Birth Date (mm/dd/yy)	Does the participant have a disability? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, what type(s) of disability?
Street Address	City	State	If you require accommodations related to a disability to participate in this activity, please explain:
		Zip	

Email (Required for registration confirmation OR send a stamped, self-addressed envelope) \*I agree to receive MSCR promotional email

Primary Phone	Cell Phone	Are you an MMSD resident? (Check one) <input type="checkbox"/> Yes <input type="checkbox"/> No Non MMSD residents pay 50% more. <small>See the Policy Page.</small>	Do you have any medical conditions or concerns of which our staff need to be aware? (Asthma, Allergies, etc.)
Emergency Contact Name	Emergency Contact Phone		

Participant's Full Name	Gender *See page 54.	Date of Birth mm/dd/yy	Grade 2022-2023	Race (see below)	Choice	Program Title	Location	Start Date	Start Time	Course #	Fee	*Fee Assistance Request

\*Must complete form on back.

Race: Please indicate above using corresponding number. (Optional)

- 1. American Indian or Alaskan Native
- 2. Asian
- 3. Black or African American
- 4. Native Hawaiian or Other Pacific Islander
- 5. Hispanic
- 6. White
- 7. Multiracial

Payment: (check all that apply)  Cash  Check # \_\_\_\_\_ (Payable to MSCR)  Credit Card: MasterCard or Visa Only

I am requesting a Payment Plan (Camps Only)

Credit Card Number:

Name as printed on card: \_\_\_\_\_ Three Digit Code

Payment Amount \$ \_\_\_\_\_ Authorized Signature: \_\_\_\_\_ Expiration Date:

T-Shirt Size (if applicable to program)  
 Name: \_\_\_\_\_ Size: \_\_\_\_\_ Fee Total \$ \_\_\_\_\_  
 Name: \_\_\_\_\_ Size: \_\_\_\_\_ Donation \$ \_\_\_\_\_  
 Total \$ \_\_\_\_\_

### Liability Waiver - Signature Required for Participation

By registering or participating, the registrant understands that individual accident insurance is not provided for MSCR programs and agrees to adhere to program rules. I do hereby, for myself, my heirs, executors, and administrators, waive, release, and forever discharge any and all rights and claims for damages that I may have or that may hereafter accrue to me arising out of or, in any way connected with my participation in MSCR Program. Photos or videos may be taken during program for educational and marketing purposes. I have read and agree to follow the registration and refund policies.

Signature: \_\_\_\_\_

WPCRC Photo ID required for programs at Warner Park Community Recreation Center. Go to mscr.org for more information.

# Fee Assistance Request

If your family is requesting fee assistance, you must fill out this form completely and answer each item as appropriate. If you are not able to print this form, please call 608-204-3000 for assistance. Fee assistance is available only to residents of the Madison Metropolitan School District (MMSD). Non-residents do not qualify for fee assistance. Fee assistance is provided to families whose income is less than 185% of the Federal Poverty Level. MSCR youth program fees may be partially or fully waived for youth meeting the criteria for free or reduced-price school meals. This Fee Assistance Request Form and partial payment, if applicable, must accompany the MSCR Registration Form. Fee assistance is not granted after program registrations are processed.

<b>Name</b>	Head of Household Name: _____		Last	_____	First	_____						
<b>Family Size</b>	What is your family size?	Circle one number:	1	2	3	4	5	6	7	8	9	10
<b>Adult</b>	List your gross* annual income:	\$ _____	(per year)									
<b>Youth</b>	Or list your gross* bi-weekly income:	\$ _____	(every two weeks)									
*Gross income means income before any deductions such as income taxes, social security taxes, insurance premiums, charitable contributions and bonds.												
Complete this section if the participant is an adult. If the participant is a child, skip to the next section and complete the section titled "Youth". Fee assistance for adults is limited to one program per adult per season*. There are three program seasons per year: Winter/Spring, Summer and Fall.												
1. Adult participants are asked to pay 50% of the program fee.*												
2. I am enclosing the following payment of \$_____.												
3. *If you are unable to pay 50%, or are requesting fee assistance beyond the one program per season limit, please explain:_____												
Fee assistance is limited to two programs per program season for youth ages 17 and under*. There are three program seasons per year: Winter/Spring, Summer and Fall. Families are requested to pay what they can towards the program fee.												
1. My child qualifies for free school meals <input type="checkbox"/> Yes <input type="checkbox"/> No My child qualifies for reduced-price school meals <input type="checkbox"/> Yes <input type="checkbox"/> No												
2. My family is requesting fee assistance and we are able to enclose the following payment of \$_____.												
3. *My family is requesting fee assistance beyond the two programs per season limit. Please explain:												
4. My child(ren) are younger than school age. <input type="checkbox"/> Yes <input type="checkbox"/> No												

## What happens next?

If you qualify for full fee assistance, and space is available, you are emailed a confirmation of your registration request. If you do not qualify for partial or full fee assistance, we temporarily reserve a space in the requested course(s) and contact you. You are asked to remit payment within five business days to confirm your space in the program(s).