



MSCR Aquatics at Goodman Pool Summer 2022



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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

