



## Red Cross Lifeguard Training Course

Want to be a Lifeguard? Class available February 2017. Must be at least 15 years old and pass a pre-course skills evaluation

1. Swim 300 yds. (6 laps in Four Seasons pool) continuously using front crawl and breast-stroke.
2. Tread water 2 minutes using only legs.
3. Swim 20 yds. to retrieve a 10 lb. object in a depth of 7-10 feet of water and return 20 yds. on back holding object with both hands keeping face out in 1:40.

Skills can be done first day of class or can be scheduled prior to first class. Contact Terri for further information. Fee: \$100.00

**Saturdays**      **February 4 - February 25**  
**10:00 - 4:00pm**  
**4 weeks**

**Reminder:** For children 12 years and younger, parent(s) are responsible for the behavior and direct supervision of their children in all areas of the Club except when the children are participating in a class or programs supervised by Club staff. Parents who are not members of the Club can escort their children to class; but they cannot leave the facility or use the Clubs fitness areas.

### Next Sessions begin June, 2017



If you have questions regarding swimming lessons, please contact Terri at (712) 255-7659. For all other inquiries regarding youth activities, please contact Carrie at (712) 255-7659 for further details.

# FOUR SEASONS

## HEALTH CLUB

### Aquatic Programs

Spring 2017

#### Club Hours:

Monday - Thursday 5:00 a.m. - 10 p.m.

Friday 5:00 a.m. - 8 p.m.

Saturday 8:00 a.m. - 6 p.m.

Sunday 8:00 a.m. - 8 p.m.

#### Aquatic Hours:

Monday - Thursday 6:00 a.m. - 9 p.m.

Friday 6:00 a.m. - 7 p.m.

Saturday 8:30 a.m. - 5 p.m.

Sunday 8:30 a.m. - 7 p.m.

*Proudly Serving Siouland Since 1986*



## Red Cross Learn-to-Swim Lessons Registration & Payment

All participants must register at the front desk. Payment is due at the time of registration.. **Register by the Friday before class begins.** Please have your child’s age and swim level ready when registering. In addition, please indicate which session and class time is preferred. **Note: All classes must have a minimum of 3 participants to hold.** If there are less than 3 participants you may: a) change to a different day and time, b) request a refund or credit to the member’s account. Classes are available to club members and non-members. See fee structure for pricing.

### Learn to Swim Level Descriptions

#### Level 1: Introduction to Water Skills

Helps participants feel comfortable in the water. No prerequisite. Beginner

#### Level 2: Fundamental Aquatic Skills

Gives participants success with fundamental skills. Must be able to float front & back.

#### Level 3: Stroke Development

Builds on skills with practice in deeper water. Must have arm & leg skills and float front & back..

### Session 1

**Mondays** March 6 - April 10  
4:00 - 4:45pm Level 1  
4:45 - 5:30pm Levels 2 & 3  
6 weeks (6 lessons)

### Session 2

**Saturdays** April 1 - April 22  
10:30 - 11:15am Level 1  
4 weeks (4 lessons)

**Tue & Thu** April 18 - May 11  
6:00 - 6:45pm Level 1  
6:45 - 7:30pm Levels 2 & 3  
4 weeks (8 lessons)



### Parent & Child Aquatics

6 months - 4 yrs. old

Parents and children learn together to increase children’s comfort in the water and build a foundation of basic aquatic and water safety skills.

4 weeks April 1 - April 22  
Saturdays 10:00 - 10:30am  
\$15 if child is member  
\$25 if child is non-member  
3 minimum/ max 10 per group

### Small Group Fees

#### 4 years & older

45 minute lessons

<b>4 Lessons</b>	members	\$20
	non-members	\$28
<b>6 Lessons</b>	members	\$30
	non-members	\$42
<b>8 Lessons</b>	members	\$38
	non-members	\$48

3 minimum/ max 6 per group

Fees due at time of registration by Friday before class begins.

### 8 Tips for Water Safety

- Always swim in a lifeguarded area
- Always swim with a buddy
- Always stay within arm’s reach of young children and avoid distractions
- Reach or throw aid to distressed swimmers – don’t go
- Fence home pools with adequate barriers, including four-sided fencing
- Weak and non-swimmers should wear U.S. Coast Guard-approved life jackets
- Enter the water feet first only, unless an area is clearly marked for diving and is free from obstructions
- Teach children to swim by enrolling them in a Red Cross Learn-to-Swim course