

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

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 swim lesson begins
November 2018***



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 & Youth Activities

Summer 2018

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



**American
Red Cross**

Red Cross Group Swim Lessons Registration & Payment

All participants must register at the front desk. **Payment is due at the time of registration. Register by noon, 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.

Learn to Swim Level Descriptions

Level 1: Introduction to Water Skills

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

Level 2: Fundamental Aquatic Skills

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

Level 3: Stroke Development

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

Level 4: Stroke Improvement

Develops confidence and improves skills and swim strokes.

Morning 2-Week Lessons

Classes meet daily Monday - Thursday for 2 weeks for a total of 8 lessons. Ages 4 & older.

Session I	June 11 - June 21 8:15 - 9:00am M-Th Level 1 <i>2 weeks (8 lessons)</i>
Session II	July 16 - July 26 8:15 - 9:00am M-Th Levels 2 & 3 <i>2 weeks (8 lessons)</i>
Session III	August 6 - August 16 9:00 - 9:45am M-Th Level 1 9:45 - 10:30am M-Th Levels 2&3 <i>2 weeks (8 lessons)</i>

Afternoon 4-week lessons

Session I	June 4 - June 27 1:00 - 1:45pm M W Levels 2 & 3 1:45 - 2:30pm M W Level 4
Session II	June 5 - June 28 1:00 - 1:45pm T Th Level 1 1:45 - 2:30pm T Th Level 2
Session III	July 9 - August 1 1:45 - 2:30pm M W Level 1

Parent & Child Aquatics

6 months - 3 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.

2 weeks July 16 - July 25
1:00 - 1:45pm M W
\$15 if child is member
\$25 if child is non-member

American Red Cross Lifeguard Training

Have you ever wanted to be a lifeguard and work here at Four Seasons? Get certified at the club. Certification includes:

- Lifeguard certification
- Adult, Child & Infant CPR/AED
- First-Aid training

Classes are available this Spring/Summer.
(dates & times to be announced)

- \$150

*If interested or for more information, contact Terri at
712.255.7659*

Small Group Fees 4 years & older

45 minute lessons

3 minimum / max 6 per group

8 Lessons	Members	\$38
	Non-members	\$48

Fees due at time of registration by noon Friday before class begins. Child must be a member to receive member rate.

