

**W**elcome Manito Swimmers!

The 2009 summer season is about to begin. The pool's Opening Day will be Friday, June 12th.

Our swim pool staff consists of CPR, First Aid, AED Defibrillator, WSI and Red Cross Certified Lifeguards and Swim Instructors. We offer several sessions of swimming lessons throughout the summer.

Enclosed you will find lesson information, guest fee information, and pool rules. Please read these carefully.

### **TO SET UP SWIM LESSONS:**

Swim lesson Sign Up will begin on May 6, 7 & 8 from 9 am to 4 pm. To enroll your children you must call the Club Administrative Office at 448-2045. You MUST Speak to either Kathy or Dan. No one else may sign you up. NOTE: Tadpole registration will be limited to 1 session per child for the initial registration days (May 6, 7, 8). Starting May 11 registration will open for additional sessions dependent upon availability.

### **Wednesday, May 6**

Regular and Junior Executive Members may enroll their children (NOT GRANDCHILDREN) for a maximum of two sets of lessons.

### **Thursday, May 7**

Social Members, as well as Regular Members and Junior Executive Members may enroll their children (NOT GRANDCHILDREN) for a maximum of two sets of lessons.

### **Friday, May 8**

All members may now enroll their children, including Grand Children for any remaining lessons.

**May 6 – June 18** - call the clubhouse at 448-2045  
After June 18 - call the pool at 448-2062 **after 12:00 pm**

We look forward to a fun and safe summer at the Manito Golf and Country Club pool.

Sincerely,

The Manito Golf & Country Club  
Pool Staff



## **SWIMMING POOL RULES**

1. No one shall be allowed to swim and/or be present in the area unless there is a lifeguard on duty.
2. All persons using the pool do so at their own risk.
3. The lifeguard is employed for your protection and has the authority to expel persons from the pool area for misconduct or infraction of swimming pool or Club rules. Roughness, pushing, running, wrestling, as well as violation of any other rules set by the pool manager will not be permitted. Violation may result in temporary or permanent suspension of pool privileges.
4. Children 8 years of age or under must be supervised at all times by a parent or competent babysitter who shall be fully responsible for the child. THE LIFEGUARD IS NOT A BABYSITTER.
5. The pool will close at 7:00 pm. During adverse weather conditions the pool may close earlier at the discretion of the pool or Club manager. The Club manager may also request closure of the pool during tournaments or special events.
6. THERE IS TO BE NO SWIMMING WHEN LIFEGUARD IS OFF DUTY.
7. In accordance with state regulations, **FOOD, CANDY, CHEWING GUM, AND / OR ALCOHOLIC BEVERAGES ARE NOT ALLOWED IN OR NEAR THE POOL AREA.** Such items will be consumed or possessed only in the areas designated by the pool manager.
8. All swimmers are encouraged to take a shower before entering the pool.
9. Guest charges shall be \$1.00 per person.
10. For each two Juniors, one adult must be present in full swimming attire to accept the responsibility.
11. Children in the wading pool MUST be supervised by parents or a competent babysitter.
12. No Smoking is allowed in any part of the pool enclosures.
13. All children ages 3 and younger MUST wear a swim diaper.
14. Swimming Pool Parties consisting of 8 or more persons need to be coordinated through the club office, 448-2045.
15. Members will be limited to 4 guests. Exception will be made for special events, such as birthday parties.

**THE ABOVE RULES SHALL BE STRICTLY ENFORCED AND PERTAIN TO ALL SWIMMERS, WHETHER ADULT MEMBERS, JUNIOR, AND/OR GUESTS.**

**THE POOL MANAGER AND LIFEGUARDS ARE EXPECTED TO ENFORCE ALL RULES WITH NO EXCEPTIONS.**

**ALL COMPLAINTS SHALL BE MADE IN WRITING TO THE POOL MANAGER.**

### **USE OF THE CLUBHOUSE**

When entering the Clubhouse, Please remember the **DRESS CODE** and change into proper clubhouse attire When entering the Clubhouse.

## POOL HOURS

### SWIMMING LESSON

9:45 am – 12 noon weekdays

### OPEN SWIM

12 noon – 7:00 pm weekdays

11:00 am – 7:00 pm weekends

## GUEST CHARGE

All guests will be charged \$1.00 per person.

*(Limit – 4 guests)*

Immediate family members **include** sons, daughters and grandchildren. The definition of a **guest** is someone who is not a member of the immediate family.



## POOL PARTIES

All parties will be restricted to Friday, Saturday and Sunday and will not start before 4:00 pm.

All members organizing the event must provide the exact number of people who will attend the event.



## Swimming Lesson Information

### Group Lessons (2wk Sessions)

Session #1	June 22 - July 3
Session #2	July 6 - July 17
Session #3	July 20 - July 31
Session #4	August 3 - August 14

### Intermediate + Advanced Swimmers

9:45 - 10:30 am M-F

### Guppies

10:00 - 10:30 am M-F

### Advanced Beginners + Shallow Water Minnows

10:30 - 11:00 am M-F

### Fish + Guppies

11:00 - 11:30 am M-F

### Deep Water Minnows + Tadpoles

11:30 - 12:00 pm M-F

Cost = \$50.00 per session per child

\*\* Lessons are limited to members and their immediate family (sons, daughters, and grandchildren)

*Please note schedule for reservations on previous page.*

Remember, groups are limited to 6 children and fill up fast.  
So call early! 448-2045 – Ask for Kathy.

# GUIDELINES TO PLACE CHILDREN IN LESSON GROUPS

**\*\* (Children must be able to perform all skills listed under each designation in order to move to the next group level.) \*\***

## TADPOLES: (Average Age 3-4 yrs.)

1. Water adjustment
2. Walk across width of pool unassisted.
3. Put face in water for 5 counts.
4. Put total body under water
5. Open eyes underwater
6. Blow bubbles with face in water
7. Horizontal position in water with support on front and back.
8. Intro. to flutter kick
9. Intro to arm stroke (reach and pull)
10. Jump in from side and return with assistance.

## MINNOWS: (Average Age 7-8 yrs.)

**SHALLOW WATER** taught in deeper part of shallow end.

**DEEP WATER** taught in 4 feet.

1. Review Tadpole and Guppy skills
2. Back float 10 seconds
3. Back glide 10 ft..
4. Back glide with kick 20 ft.
5. Finning (or sculling) 20 ft.
6. Combined stroke on back 10 yds.
7. Changing directions
8. Turn over (horizontal position)
9. Level off
10. Jump in deep water

## BEGINNERS: 4 LEVELS

### GUPPIES: (Average Age 5-6 yrs.)

1. Breath-holding for 10 sec.
2. Rhythmic breathing 10 times.
3. Prone (face) float
4. Prone glide 10 ft.
5. Prone glide with kick 20 feet
6. Arm stroke 20 feet
7. Jump in chest deep water.
8. Safety skills

### FISH: (Average Age 9yrs.)

1. Review Tadpole, Guppy, & Minnow skills as necessary
2. Crawl stroke 20 yds.
3. Front dive
4. Combined skills I
5. Combined skills II

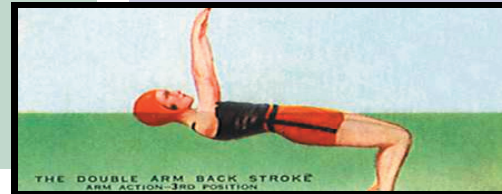
## LEVEL I: (Average Age 10-12 yrs.)

1. Crawl stroke 50 yds.
2. Elementary backstroke 50 yds.
3. Intro. to breaststroke 15
4. Survival Float
5. Back float 1 min.
6. Sculling on back 10 yds.
7. Personal safety skills - use of PFD's and Mouth-to-Mouth
8. Basic rescue techniques - Wading rescue with extension to rescuer using flotation objects.
9. Intro. to standing front dive with arm swing and leg spring.

## LEVEL II: (Average Age 10-12 yrs.)

1. Review Intermediate I skills
2. Coordination of sidestroke
3. Survival Float 3 min.
4. Treading water 1 min.
5. Turns on front, side, and back
6. Standing front dive
7. Jump in, level off, swim 15-20 ft. under water
8. Demonstration of handling neck and back injuries in water
9. Combined skills test:
  - a. 50 yds. Elementary backstroke
  - b. 50 yds. Crawl with dive from deck
  - c. 50 yds. Sidestroke
  - d. Jump in, swim under water 15-20 ft., surface, survival stroke 15 yds.
10. 5 min. non-stop swim using combined strokes
11. 25 yds. Back Crawl
12. 25 yds. Breaststroke

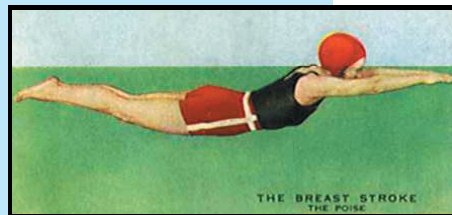
## INTERMEDIATES: 2 LEVELS



## ADVANCED BEGINNERS

### ADVANCED BEGINNERS: (Average Age 9-11yrs.)

1. Breath Control
  - a. Rhythmic breathing 2 min.
  - b. Bobs 20 times
2. Survival float 2 min.
3. Tread water with position changes 30 seconds
4. Elementary backstroke 25
5. Crawl stroke 25 yds.
6. Dive underwater swim 15
7. Use of PFD
8. Safety and rescue skills
9. Combined skills I
10. Combined skills II



## SWIMMERS

### SWIMMERS: (Average Age 12 yrs. & up)

1. Crawl stroke 100 yds. with turn
2. Elementary Backstroke 100 yds. with turns
3. Side Stroke with turn 50 yds. each side
4. Breaststroke 100 yds. with turn
5. Back crawl 50 yds. with turn
6. Surface dives - feet first, pike, and tuck
7. Long shallow dive
8. Jump entry from side (stride jump)
9. Inverted scissor kick
10. Survival stroke 5 min.
11. Underwater swim 20-25 ft.
13. Artificial respiration
14. 10 min. non-stop swim using all combined strokes
15. Disrobe and float with clothes 5 min.

### ADVANCED SWIMMERS:

(Average Age 12 yrs. & up)

1. Crawl stroke review / improve
2. Elementary backstroke review / improve
3. Side stroke – both sides, both kicks
4. Breast stroke review / improve
5. Back crawl review / improve
6. Surface dives – review / improve
7. Over arm side stroke
8. Inverted breast stroke
9. Open turns – review / improve
10. Survival float / survival stroke
11. Standing dives – review / improve