

## 2011 Pool Hours

### Pre-Season

May 28, 29, 30 June 4, 5

Saturdays	10 a.m.-7 p.m.
Sundays	10 a.m.-7 p.m.
Monday (Memorial Day)	10 a.m.-7 p.m.

### Regular Season

June 9-August 18

Monday-Friday	12 p.m.-7 p.m.
Saturday & Sunday	10 p.m.-7 p.m.

Pool will be closed on Friday, June 10th due to a Club Event

The shallow end of the Activity Pool will be available from 10 a.m.-12 p.m. on days when there are swim lessons (M-F). The water features will not be turned on at this time.

The Slide and Water features will be turned on one half hour after opening and turned off fifteen minutes prior to closing.

### Late Season

August 19-31, September 3, 4, 5

Monday-Sunday	10 a.m.-7 p.m.
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Weather Conditions and attendance will dictate pool hours. Please call ahead if it is questionable.

MHCC Swim Team will host some meets during the summer. Open swim is closed during these swim meets.

### Guest Fees (includes pool & tennis)

\$5 per person

\$3 Grandchildren of Members

All guests must be accompanied by a member

### No Guest Fees on Monday!

Excludes parties and large groups-limit 2 guests per child and adult member

**Reminder: Club policy states no denim is allowed. This includes the pool and tennis area.**



## 2011 Swim Brochure



### Pool Managers:

**John Berg & Randy Booth**

(262) 548-1105

E-Mail: merrillhillspool@yahoo.com



**FUN....FUN....FUN for Everyone!!**

The swim team can meet the needs of all kids between the ages of 6-14. There are many levels of ability and involvement. The team will compete against other clubs during June & July. Previous swimming experience is not necessary! **The only requirement is that your child is able to swim a length of the pool unassisted.** MHCC has an experienced coaching staff and welcomes the novice as well as the more experienced swimmer. Swimmers will be introduced to the four competitive strokes: Freestyle, Backstroke, Breaststroke, and Butterfly. Starts and turns will be covered with each stroke. Cost: \$120 per swimmer

**Swim Team Season:** June 13th-August 1st

**Practice Days:** Monday, Wednesday, Thursday

**Practice Time:** 8:50 a.m.-9:50 a.m.

**\*FIT & FUN Day:** Friday (9:00 a.m.-9:30 a.m.)

\*That will include cross training, water games and activities.

**Swim Team Picture Day:** To be scheduled

Please Note: There will be no practice on the day of a swim meet.

### Swim Suit/Sweat/Shirt Orders

(You are not required to order this apparel)

Two orders will be placed during the season. The first order will be placed after the Junior Sign Up Day on May 1st. The second order will be placed the end of the first week of practice (June 17th). If you would like to order after this date you may do so at: Walters' Swim Supplies, 14155 W. Capitol Drive, Brookfield (262) 790-9043

### 2011 Swim Meet Schedule

Day	Date	Location	Time	Warm Up
Friday	June 24 <sup>th</sup>	District Relays @ MHCC	9:30 a.m.	9:00 a.m.
Tuesday**	June 28 <sup>th</sup>	Water Polo @ WRC (Pizza to follow event)	6:00-8:00 p.m.	
Thursday**	June 30 <sup>th</sup>	Le Club Invite		
		Swimming Boys	8:00 a.m.	7:00 a.m.
		Swimming Girls	12:00 p.m.	11:00 a.m.
Friday**	July 1 <sup>st</sup>	WRC Diving Invite	9:00 a.m.	8:30 a.m.
Monday**	July 11 <sup>th</sup>	Westmoor Invite @ Westmoor		
		Swimming Boys	8:30 a.m.	7:30 a.m.
		Swimming Girls	11:30 p.m.	10:30 a.m.
Thursday	July 14 <sup>th</sup>	MHCC, The Legends & Village Club @ MHCC	6:00 p.m.	5:30 p.m.
Sunday**	July 17 <sup>th</sup>	Pentathlon @ Town Club	9:00 a.m.	8:30 a.m.
Wednesday**	July 20 <sup>th</sup>	Village Club Diving Invite	6:30 p.m.	5:30 p.m.
Monday**	July 25 <sup>th</sup>	Water Polo @ VC (Food to follow event)	6:00-8:00 p.m.	
Tuesday**	July 26 <sup>th</sup>	Legend Invite @ The Legend	5:00 p.m.	4:00 p.m.
Friday	July 29 <sup>th</sup>	MHCC, WR Club & Westmoor CC @ MHCC	6:00 p.m.	5:30 p.m.
Monday	August 1 <sup>nd</sup>	District Championship @ Village Club	1:00 p.m.	12:00 p.m.
Tuesday	August 2 <sup>nd</sup>	District Championship @ Village Club Raindate	1:00 p.m.	12:00 p.m.

\*\*Indicates that swimmers will be charged an entry fee to swim—club billing.

Home meets highlighted! Additional meets may be added.

# Swim Lessons

## Fees

Group Lessons: \$120 per session/per swimmer

Private Lessons: \$20 per half hour

*Scheduling of lessons will be done on a first come first serve basis*

## Session Dates & Times

### Monday & Wednesday Session

June 20, 22, 27, 29 July 6, 11, 13, 18, 20, 25, 27

August 1, 3, 8, 10, 15, 17

### Tuesday & Thursday Session

June 21, 23, 28, 30 July 7, 12, 14, 19, 21, 26, 28

August 2, 4, 9, 11, 16, 18

### Group Lesson Times:

Monday & Wednesday Session 9:30 a.m.-12:00 p.m.  
(30 min lessons)

Tuesday & Thursday Session 9:30 a.m.-12:00 p.m.  
(30 min lessons)

Generally children 5 years and older and comfortable in the water.

### You may sign up for both sessions

#### Private Lessons:

Monday-Thursday 9:00 a.m.-9:30 a.m.

Friday 9:00 a.m.-12:00 p.m. (30 min lessons)

There is a 24 hour cancellation policy for private lessons (50% of fee).

Young swimmers needing one on one instruction must take private lessons.

Generally for 2 to 4 years of age.

Scheduled as desired. Weekly lessons not necessarily required.



# Swim Classes Offered

## **Level I-Introduction to Water Skills**

(**Private Only**-child should be potty trained)

- Water Exploration
- Supported floating and kicking on front and back
- Alternating arm action
- Introduce water safety rules

## **Level II-Fundamental Aquatic Skills**

### Pre-requisite skills:

- ✓ Enter unassisted, move 5 yards, bob 5 times to chin level and safely exit the water.
- ✓ Float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds.

### Skills Covered:

- Eyes open under water and pick up a submerged object
- Floating and kicking on front and back
- Combined arm and leg action on front and back
- Turning over from front to back and back to front

## **Level 3-Stroke Development**

### Pre-requisite skills:

- ✓ Step from side into chest deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move back to a back float for 5 seconds and return to a standing position.
- ✓ Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.

### Skills Covered:

- Rotary (rhythmic) breathing
- Change from vertical to horizontal position on front and back
- Treading Water
- Front Crawl with rhythmic breathing and Back Crawl for 15 yards
- Introduce Butterfly kick and body motion
- Introduce Elementary Backstroke
- Practice self rescue and safety skills

## **Level 4-Stroke Improvement**

### Pre-requisite skills:

- ✓ Jump into chest deep water from side, swim front crawl 15 yards with face in water and rhythmic breathing pattern (to front or side), maintain position by treading water or floating for 30 seconds and swim back crawl 15 yards.

### Skills Covered:

- Swim Underwater
- Survival float
- Tread water for 1 minute
- Front crawl and back crawl 25 yards
- Breaststroke and Elementary Backstroke 15 yards
- Introduce Sidestroke
- Work on Butterfly coordination
- Throwing assists

## **Level 5-Stroke Refinement**

### Pre-requisite skills:

- ✓ Perform a feet-first entry into chest deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 25 yards.
- ✓ Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

### Skills covered:

- Stroke refinement & increased endurance for all strokes.
- Introduce surface dives (tuck and pike)
- Survival swimming

## **Level 6-Personal Water Safety**

### Pre-requisite skills:

- ✓ Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards.
- ✓ Swim Breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

### Exit Skills:

- Swim 500 yards continuously using the strokes in the following order: 100 yards front crawl, 100 yards back crawl, 50 yards breaststroke, 50 yards elementary backstroke, 50 yards sidestroke, 50 yards butterfly, and 100 yards choice of stroke

- Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes
- Perform a feet-first surface dive, retrieve an object from the bottom of the pool at a minimum depth of 7 feet, return to surface and return to starting point

## **Level 6-Lifeguard Readiness**

### Pre-requisite Skills:

- ✓ Perform a feet-first entry into chest deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 25 yards.
- ✓ Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

### Exit Skills:

- Swim 500 yards continuously using the strokes in the following order: 100 yards front crawl, 100 yards back crawl, 50 yards breaststroke, 50 yards elementary backstroke, 50 yards sidestroke, 50 yards butterfly, and 100 yards choice of stroke
- Swim 20 yards using front crawl to breaststroke, surface dive to a depth of 7 to 10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards back on the back or side to the starting point with the object (student must hold object with both hands and keep his or her face out of the water)

## **Level 6-Fitness Swimmer**

### Pre-requisite skills:

- ✓ Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 50 yards.
- ✓ Swim Breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

### Exit Skills:

- ✓ Swim 500 yards continuously using the strokes in the following order: 100 yards front crawl, 100 yards back crawl, 50 yards breaststroke, 50 yards elementary backstroke, 50 yards sidestroke, 50 yards butterfly and 100 yards choice of stroke.
- ✓ Cooper 12-minutes swim test and compare results with pre-assessment results.