

2011 CITY OF LANCASTER POOL AND SUMMER RECREATION ACTIVITIES GUIDE

Get registered to have fun this Summer!

Once again a variety of summer recreation activities are being offered for area youth as well as coaching opportunities for individuals willing to volunteer. The registration form for these activities is enclosed on page 7. Volunteers can indicate their interest on the registration form or contact Jeff at 723-4782.

Be sure to check out the programs and events scheduled at the Lancaster Swimming Pool! Several sessions of swim lessons, as well as special swim events and the 5th Annual Triathlon are scheduled for 2011. The registration form for pool programs is enclosed on page 8.

Summer Recreation scholarships are available to qualifying individuals to defray the costs of participating in Lancaster's summer recreation and pool programs. More details and the application form for this program are available at Lancaster City Hall, Schreiner Memorial Library, and at: www.lancasterwisconsin.com.

Enjoy Summer 2011!

Jeff Pross
Recreation Director
723-4782

Sarah Pross
Pool Manager
723-2495 (Pool, After 6/5/11)
723-4246 (City Hall)

PROGRAM INFORMATION

- ◆ Activity fees apply to all programs, unless otherwise noted.
 - ◆ Late fees will be enforced for Softball and Baseball programs after April 1.
- All fees are payable to: City of Lancaster**
- ◆ The Recreation Director reserves the right to cancel and/or make late program changes.
 - ◆ A registration form must be completed prior to participation and must be signed by a parent or guardian for all youth 18 and under.
 - ◆ Individuals are only allowed to participate in their grade level determined by grade completed in the Spring of 2011.
 - ◆ The City and its employees are not responsible for lost or stolen articles
 - ◆ The City of Lancaster, Lancaster School District and other organizations allowing use of facilities do not provide hospital/medical insurance for program participants. Individuals are encouraged to obtain their own insurance prior to and for the duration of participation.

T-BALL

Boys & Girls 4K – K

Fee: \$12.50

Program Dates: June 15 - July 27 (Wednesdays)

Location: City Ball Diamonds

Times: 3:00 - 4:00 p.m.

This program includes improving the skills of batting a ball off of a tee, fielding a ball hit on the ground, catching a ball thrown in the air, throwing a ball and running the bases. All players will receive a T-shirt. Any volunteers are welcomed to assist.



PEE WEE LEAGUE

Boys & Girls 1st – 2nd Grade

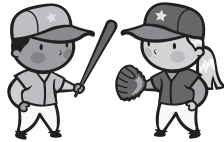
Fee: \$12.50

Program Dates: June 15 - July 27 (Wednesdays)

Location: City Ball Diamonds

Times: 4:00 - 5:00 p.m.

The emphasis of this league is to teach the basic fundamentals of baseball/softball and learning good sportsmanship. Teams will be established with coaches, but will not be playing against other communities.



BASEBALL

PONY LEAGUE ♦ Boys 3rd – 4th Grade

Fee: \$25.00

Program Dates: June 2 - July 31 (Tues. & Thursdays)

Location: City Ball Diamonds

Times: 5:00 - 7:00 p.m.

The emphasis of this league is to teach the fundamentals of baseball and learning the spirit of good sportsmanship and team work. Coaches will pitch to players. Each team will play up to 8 games with some games against other communities.



MINOR LEAGUE ♦ Boys 5th – 6th Grade

Fee: \$25.00

Program Dates: June 2 - July 31 (Tues. & Thursdays)

Location: City Ball Diamonds

Times: 6:00 - 9:00 p.m.

The coaches will instruct advanced forms of baseball emphasizing team strategies, positioning and how-to-type situations. The players will pitch. You will travel for some games.

MAJOR LEAGUE ♦ Boys 7th – 8th Grade

Fee: \$25.00

Program Dates: June 2 - July 31 (Tues. & Thursdays)

Location: City Ball Diamonds

Times: 5:30 - 9:00 p.m.

This league is designed to give players the best opportunity for a real game atmosphere. You will be traveling to other communities at least once a week.

SOFTBALL

PONY LEAGUE ♦ Girls 3rd – 4th Grade

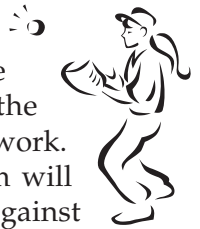
Fee: \$25.00

Program Dates: June 1 - July 31 (Mon. & Wednesdays)

Location: City Ball Diamonds

Times: 5:00 - 7:00 p.m.

The emphasis of this league is to teach the fundamentals of softball and learning the spirit of good sportsmanship and team work. Coaches will pitch to players. Each team will play up to 8 games with some games against other communities.



MINOR LEAGUE ♦ Girls 5th – 6th Grade

Fee: \$25.00

Program Dates: June 1 - July 31 (Mon. & Wednesdays)

Location: City Ball Diamonds

Times: 6:00 - 9:00 p.m.

The coaches will instruct advanced forms of softball emphasizing team strategies, positioning and how-to-type situations. The players will pitch this year. You will travel for some games.

MAJOR LEAGUE ♦ Girls 7th – 8th Grade

Fee: \$25.00

Program Dates: June 1 - July 31 (Mon. & Wednesdays)

Location: City Ball Diamonds

Times: 6:00 - 9:00 p.m.

This league is designed to give players the best opportunity for a real game atmosphere. You will be traveling to other communities at least once a week.

Baseball and Softball Programs

**\$20.00 per registrant late fee
applied after April 1st**

**Registrants after April 15th
may be put on a waiting list.**

YOUTH OPEN VOLLEYBALL

Boys & Girls 3rd – 8th Grade

Fee: \$12.50

Program Dates: June 15 - July 27 (Wednesdays)

Location: Lancaster High/Middle School Gyms

Times: 9:00 - 10:15 a.m. (3rd – 5th)

10:15 a.m. - 11:30 a.m. (6th – 8th)

The emphasis of this program is to work on fundamental skills and strategies of volleyball and to scrimmage.



YOUTH GOLF

Boys & Girls 3rd – 8th Grade

Fee: \$30.00

Program Dates: June 13 - July 26 (Mon. & Tuesdays)

Location: Lancaster Country Club

Times: 8:00 - 11:30 am (6th – 8th)

9:00 - 11:30 am (3rd – 5th)

Participants will learn the basics of golf such as the proper grip, strokes and course etiquette. You need to have your own clubs and balls. Private lessons will be available for \$2.00 for 30 minutes with a staff member.



TENNIS

Boys & Girls 2nd – 8th Grade

Fee: \$12.50

Program Dates: June 16 - July 28 (Thursdays)

Location: High School Tennis Courts

Times: 10:30 - 11:30 a.m.

This program includes learning the basics of tennis and rules to achieve greater success. Bring your own racket and balls.



OPEN GYM BASKETBALL

Boys & Girls 2nd – 8th Grade

Fee: \$12.50

Program Dates: June 16- July 29 (Thur. & Fridays)

Location: Lancaster High/Middle School Gyms

Times: 9:00 - 10:15 am (2nd – 5th)

10:15 - 11:30 am (6th – 8th)

This program is a supervised open gym with basketball techniques and scrimmages.



LITTLE TIKES SOCCER

Boys & Girls Grade 4K

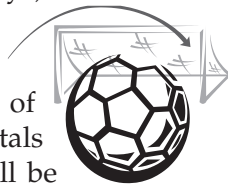
Fee: \$12.50

Program Dates: June 14 - July 26 (Tuesdays)

Location: Winskill Soccer Field

Times: 6:00 - 7:00 p.m.

This program includes improving skills of the game of soccer. Teaching fundamentals of soccer. This will be 4 vs 4. Teams will be established. All players will receive a T-shirt. Volunteer coaches are needed. Please indicate on registration form if you can coach.



CHILDREN'S THEATRE

Boys & Girls 4K – 8th Grade

Fee: \$12.50

Program Dates: Wednesdays

Location: Youth & Ag Center – June 8, 22 & July 6
St. Clement Gym – June 15, July 13 & 20

Times: *Session A: 9:00 a.m. – 10:00 a.m. (4K – 3rd)

*Session B: 10:30 a.m. – 11:30 a.m. (4K – 3rd)

*Session C: 1:00 p.m. – 2:30 p.m. (4th – 8th)

***Indicate Session on Registration Form**

In this six week course, students will learn how to explore their imaginations through body movements and vocal activities. They will learn improvisational techniques and have lots of fun in the process. There will be a short presentation on the last day where students can showcase all of their talents. It will be a course of games, stories, and laughter! This program will be conducted by Ann Dolan, Lancaster Community Theatre member.



LANCASTER SWIM TEAM

K – 12th Grade

Fee: \$25.00 (Ind.) \$50.00 (Family)

Program Dates: June 8 - July 30

Times: 7:30-9:00 a.m., 11:00 a.m.-12:00 p.m.,

and 12:00 p.m.-1:00 p.m. Depending on age

A meeting for parents and swimmers will be held Sunday, March 20 at 5:30 p.m. in the Lancaster Middle School Commons. *Swim Team registrations and orders for swimsuits, shorts, and sweatpants will be taken at the meeting.* Suits will be available for sizing.



For questions please contact Sharon 723-6727, Sue 723-7992, or Sarah 723-6425.

DO NOT INCLUDE SWIM TEAM ON THE ENCLOSED REGISTRATION FORM!

WATER AEROBICS

Adults 18 +

Fee: \$3.00 per class or w/ season pass

Program Dates: June 6 - Aug 25 (T/W/Thursdays)

Times: 5:30-6:30 p.m.

A combination of strength training and cardiovascular workout with Aqua Joggers (possibly), Noodles, and Kickboards



REMINDER: When registering, please remember that individuals are only allowed to participate in their grade level determined by grade completed in the Spring of 2011

LANCASTER SWIMMING POOL

Season: Sunday, June 5 – Saturday, August 20

Open Swim Hours:

Monday-Friday 1:15 p.m.- 4:30 p.m. and
6:30 p.m. to 8:30 p.m.

Saturday: Noon-4:30 p.m.

Sunday: Noon-4:30 p.m. and 6:00 p.m.- 8:30 p.m.

Lap Swim:

\$3.00 per session or season pass accepted

Evening: Monday-Friday 4:45-6:30 p.m.

Early Bird: Monday-Friday 6:00-8:00 a.m.

Tot Pool:

Open during swim lessons and regular swim.

Adults MUST accompany children.

ADMISSION & SEASON PASS FEES

Daily Swim Fees:

Individual \$3.00

Value Book (10 Individual Day Passes) \$25.00

5 & Under FREE

Season Pass:

Family \$125.00

Individual \$50.00

Tot Pool:

FREE

NOTICE: The pool (including tot pool) will be closed for Lancaster Swim Team home meets.

SWIMMING PROGRAM DESCRIPTIONS

Learn-to-Swim offers something for everybody. A unique six-level instructional approach is unlike anything offered by other aquatic training programs. Plus our instructors are trained and certified by the American Red Cross, so swimmers of all ages and abilities are in good hands. The prerequisite for each level is successful demonstration of the skills from the preceding level, except for Novice (level 1) which has no prerequisite. Each level of Learn-to-Swim includes training in basic water safety and helping others in an emergency, in addition to the skills outlined below.

NOVICE: (LEVEL 1) ~ Helps students feel comfortable in the water. Novice participants learn to enter and exit water safely; submerge mouth, nose, and eyes; exhale underwater through mouth and nose; open eyes underwater, pick up submerged object; change direction while walking or paddling; roll over from front to back and back to front with support; explore floating on front and back with support; explore swimming on front and back using arm and leg actions with support; and use a life jacket. *Please note the novice class size will be limited due to age and all participants must be able to touch in 3 feet of water.*

BEGINNER: (LEVEL 2) ~ Gives students success with fundamental skills. Beginner participants learn to enter water by stepping or jumping from the side; exit water safely using ladder or side; submerge entire head; blow bubbles submerging head in a rhythmic pattern (bobbing); open eyes underwater, pick up a submerged object in shallow water; float on front and back; perform front and back glide; change direction of travel; roll over from front to back and back to front; tread water using arm and leg motions (chest-deep water); swim on front, back, and side using combined arm and leg actions; and move in the water while wearing a life jacket.

ADVANCED BEGINNER: (LEVEL 3) ~ Builds on the skills in Level 2 through additional guided practice. Advanced Beginner participants learn to jump into deep water from the side; dive from kneeling or standing position; submerge and retrieve an object in chest deep water; bob with head fully submerged; rotary breathing in horizontal position; perform front and back glide using two different kicks; float on front and back in deep water; change from horizontal to vertical position on front and back; tread water using hand and leg movements; perform front and back crawl; butterfly–kick and body motion; and perform the HELP and Huddle position.

INTERMEDIATE: (LEVEL 4) ~ Develops confidence in the skills learned and improves other aquatic skills.

SWIMMER: (LEVEL 5) ~ Provides further coordination and refinement of strokes.

ADVANCED SWIMMER: (LEVEL 6) ~ Refines the stroke so students swim with ease, efficiency, power and smoothness over greater distances. Areas covered are personal water safety, fundamentals of diving, lifeguard readiness, and fitness swimmer.

PARENT-TODDLER AQUATICS: ~ Developed for children 6 months to 5 years of age, parent-tot classes build swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practices that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration, and more!

2011 SWIM LESSON SCHEDULE & FEES

Lesson schedule is tentative depending on registration. You will receive a confirmation letter with the dates and times of your scheduled classes. **Fees: Novice FREE, all others \$25.00**

LEVEL 1	SESSION DATES	DAYS	TIME	SESSION CODE
Novice	June 6-9 and June 13-16	Mon-Thurs	9:30-10:00 a.m.	1-A
Novice	June 6-9 and June 13-16	Mon-Thurs	10:00-10:30 a.m.	1-B
Novice	June 6-9 and June 13-16	Mon-Thurs	10:30-11:00 a.m.	1-C
Novice	June 20-23 and June 27-30	Mon-Thurs	9:00-9:30 a.m.	2-A
Novice	June 20-23 and June 27-30	Mon-Thurs	9:30-10:00 a.m.	2-B
Novice	June 20-23 and June 27-30	Mon-Thurs	10:30-11:00 a.m.	2-C
Novice	June 20-23 and June 27-30	Mon-Thurs	6:00-6:30 p.m.	2-D
Novice	July 4-7 and July 11-14	Mon-Thurs	9:30-10:00 a.m.	3-A
Novice	July 4-7 and July 11-14	Mon-Thurs	10:00-10:30 a.m.	3-B
Novice	July 4-7 and July 11-14	Mon-Thurs	10:30-11:00 a.m.	3-C
Novice	July 18-21 and July 25-28	Mon-Thurs	9:00-9:30 a.m.	4-A
Novice	July 18-21 and July 25-28	Mon-Thurs	9:30-10:00 a.m.	4-B
Novice	July 18-21 and July 25-28	Mon-Thurs	6:00-6:30 p.m.	4-C
LEVEL 2	SESSION DATES	DAYS	TIME	SESSION CODE
Beginner	June 6-9 and June 13-16	Mon-Thurs	9:00-10:00 a.m.	1-D
Beginner	June 6-9 and June 13-16	Mon-Thurs	10:00-11:00 a.m.	1-E
Beginner	June 6-9 and June 13-16	Mon-Thurs	11:00 a.m.-12:00 p.m.	1-F
Beginner	June 20-23 and June 27-30	Mon-Thurs	10:00-11:00 a.m.	2-E
Beginner	June 20-23 and June 27-30	Mon-Thurs	11:00 a.m.-12:00 p.m.	2-F
Beginner	June 20-23 and June 27-30	Mon-Thurs	5:30-6:30 p.m.	2-G
Beginner	July 4-7 and July 11-14	Mon-Thurs	9:00-10:00 a.m.	3-D
Beginner	July 4-7 and July 11-14	Mon-Thurs	10:00-11:00 a.m.	3-E
Beginner	July 4-7 and July 11-14	Mon-Thurs	11:00 a.m.-12:00 p.m.	3-F
Beginner	July 18-21 and July 25-28	Mon-Thurs	10:00-11:00 a.m.	4-D
Beginner	July 18-21 and July 25-28	Mon-Thurs	11:00 a.m.-12:00 p.m.	4-E
Beginner	July 18-21 and July 25-28	Mon-Thurs	5:30-6:30 p.m.	4-F
LEVEL 3	SESSION DATES	DAYS	TIME	SESSION CODE
Advanced Beginner	June 6-9 and June 13-16	Mon-Thurs	9:00-10:00 a.m.	1-G
Advanced Beginner	June 6-9 and June 13-16	Mon-Thurs	10:00-11:00 a.m.	1-H
Advanced Beginner	June 20-23 and June 27-30	Mon-Thurs	11:00 a.m.-12:00 p.m.	2-H
Advanced Beginner	June 20-23 and June 27-30	Mon-Thurs	5:30-6:30 p.m.	2-I
Advanced Beginner	July 4-7 and July 11-14	Mon-Thurs	9:00-10:00 a.m.	3-G
Advanced Beginner	July 4-7 and July 11-14	Mon-Thurs	10:00-11:00 a.m.	3-H
Advanced Beginner	July 18-21 and July 25-28	Mon-Thurs	11:00 a.m.-12:00 p.m.	4-G
Advanced Beginner	July 18-21 and July 25-28	Mon-Thurs	5:30-6:30 p.m.	4-H
LEVEL 4	SESSION DATES	DAYS	TIME	SESSION CODE
Intermediate	June 6-9 and June 13-16	Mon-Thurs	11:00 a.m.-12:00 p.m.	1-I
Intermediate	June 20-23 and June 27-30	Mon-Thurs	11:00 a.m.-12:00 p.m.	2-J
Intermediate	July 4-7 and July 11-14	Mon-Thurs	11:00 a.m.-12:00 p.m.	3-I
Intermediate	July 18-21 and July 25-28	Mon-Thurs	11:00 a.m.-12:00 p.m.	4-I
LEVEL 5	SESSION DATES	DAYS	TIME	SESSION CODE
Swimmer	June 6-9 and June 13-16	Mon-Thurs	4:30-5:30 p.m.	1-J
Swimmer	July 4-7 and July 11-14	Mon-Thurs	4:30-5:30 p.m.	3-J
LEVEL 6	SESSION DATES	DAYS	TIME	SESSION CODE
Advanced Swimmer	June 6-9 and June 13-16	Mon-Thurs	5:30-6:30 p.m.	1-K
Advanced Swimmer	July 4-7 and July 11-14	Mon-Thurs	5:30-6:30 p.m.	3-K
Advanced Swimmer	July 18-21 and July 25-28	Mon-Thurs	5:30-6:30 p.m.	4-J
PARENT/TODDLER	SESSION DATES	DAYS	TIME	SESSION CODE
Parent/Toddler	June 20-23 and June 27-30	Mon-Thurs	5:30-6:30 p.m.	2-K
Parent/Toddler	August 1-4 and August 8-11	Mon-Thurs	5:30-6:30 p.m.	5-A

The pool closes if lightning, thunder or severe weather warnings occur, or if the air temperature is below 68 degrees. Lesson cancellations are announced on WGLR and on the Pool's phone messaging system at 723-2495. Canceled lessons will be made up on Fridays.

ALTERNATIVE SWIM LESSONS

(for children & adults with special needs)

Adaptive and Adult swim lessons are available upon request. See Pool Manager for details.

POOL RENTAL

The pool may be rented to individuals or groups for a fee of \$75/hr. See Pool Manager for details.

SPECIAL EVENTS AT THE POOL

Fun Nights

Enjoy evenings of fun by bringing soft flotation devices under 5' tall.

Sundays & Wednesdays from 6:30-8:30 p.m.

NO WATER GUNS OR PISTOLS ALLOWED!



Summer Kick-off!

Be the first to jump in the pool!

Date: Saturday, June 4 ★ 6:00-9:00 p.m.

Who: Students who just completed 6th-8th grade.

Kick off the first day of summer with a pool party.

Students admitted for a dollar.

Enjoy an evening of fun by bringing soft flotation devices under 5' tall.

NO WATER GUNS OR PISTOLS ALLOWED!



Lancaster Swimming Pool 5th Annual Mini-Triathlon

Train to test your limits in a combination race of swimming, biking, & running for all ages

Date: Saturday June 25

Check-In: 7:45 a.m. Race Begins: 8:30 a.m.

Brochures will be available at City Hall and at

www.lancasterwisconsin.com

by May 1, 2011

Pre-registration required
for planning purposes.



2011 Summer Program Registration Form

RECREATION PROGRAMS

**SEPARATE REGISTRATION FORMS FOR SWIM TEAM

**Additional forms available at City Hall or at www.lancasterwisconsin.com

PLEASE PRINT

Parent/Guardian Name: _____ Home Phone: _____

Address: _____ Emergency #: _____

City/Zip: _____ Date of Registration: _____

Baseball & Softball Programs: \$20.00 per registrant Late Fee after April 1, 2011

RECREATION REGISTRATION FORM - PLEASE PRINT *(Grade level requirements will be strongly enforced.)*

Last Name/First Name	Program Title & Session (if applicable)	Birth Date	T-Shirt*	Age	Fee

*T-Shirt Sizes Available - YS (6/8), YM (10/12), YL (14/16), AS, AM, AL, AXL

TOTAL AMOUNT PAID \$ _____

FOR YOUTH/PEEWEE BASEBALL/SOFTBALL PROGRAMS:

I will volunteer to coach: _____ Coach's T-Shirt: ___S, ___M, ___L, ___XL

Make checks payable to: City of Lancaster - Registration forms may be mailed to (City of Lancaster, 206 S. Madison St.), or dropped off at City Hall during office hours. **NO REFUNDS WILL BE MADE**

Parent/Adult Waiver of Liability Form

I hereby understand that those individuals registered for the program(s) stated on this form and myself as a parent or guardian acknowledge that each program, like all physical activities, present some inherent risk of injury. I further recognize that the City of Lancaster, the Lancaster Community Schools, and other organizations which allow use of facilities do not provide hospital/medical insurance for the duration of the program. Therefore, I hereby release these organizations and their employees of any financial responsibility due to injuries received during program participation.

Parent Guardian/Adult Signature _____ Date _____

Pool Registration Form on the Reverse Side.

2011 Summer Program Registration Form

LANCASTER POOL

**SEPARATE REGISTRATION FORMS FOR SWIM TEAM

**Additional forms available at City Hall or at www.lancasterwisconsin.com

PLEASE PRINT

Parent/Guardian Name: _____ Home Phone: _____

Address: _____ Emergency #: _____

City/Zip: _____ Date of Registration: _____

SWIM LESSON REGISTRATION FORM - PLEASE PRINT

LAST NAME/FIRST NAME	LEVEL	SESSION CODE	TIME	AGE	FEE

2011 Pool Pass Registration

_____ Family – \$125.00 _____ Individual – \$50.00

_____ Value Book – \$25.00 (10 Individual Day Passes)

Total Pool Pass Fees \$ _____

Please list names of family members for pool pass(es):

_____	_____
_____	_____
_____	_____

TOTAL AMOUNT PAID \$ _____

Make checks payable to: City of Lancaster - Registration forms may be mailed to (City of Lancaster, 206 S. Madison St.), or dropped off at City Hall during office hours. **NO REFUNDS WILL BE MADE**

Parent/Adult Waiver of Liability Form

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Parent Guardian/Adult Signature _____ Date _____

Summer Recreation Registration Form on the Reverse Side.