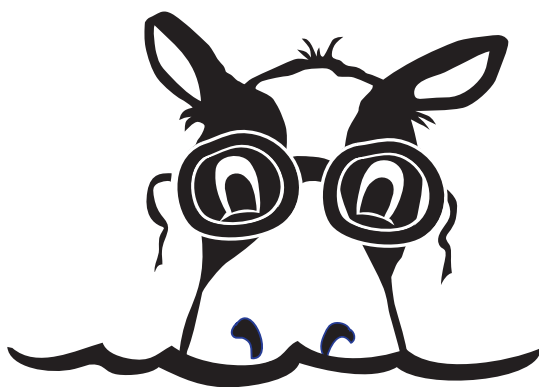


Hill Farm Swim Club
2011 SWIM GUIDE



Hill Farm Swim Club, Inc.
P.O. Box 5004, Madison, WI 53705
Phone (608) 238-0600
www.hillfarmswimclub.org

2011 HFSC Calendar and Special Hours

May 1, Sunday	Spring Grounds Clean-up 2-4pm rain date May 7
May 27, Friday	New Member Orientation 6:00
May 28-30	Memorial Day Weekend Hours 1:00pm -8:00pm
May 31 – June 3	Reduced Hours: Recreational Swim 3:00pm – 8:00pm
June 4 Saturday	Lesson sign up begins at the pool office 10:00am
June 2	AM Sunrise Swim begins: 6:00am-8:30am see p. 14
June 4 – June 10	Reduced Hours: Adult lap swim 6:00am – 8:30am M-F Recreational Swim 1:00pm – 8:00pm every day
June 6 – June 10	Optional Pre-Season Swim/Dive Team Practice, see p. 15
June 11, Saturday	Begin Regular Pool Hours (see below)
June 24, 25 Fri/Sat	<i>Home Dive/Swim Meet v Nakoma</i>
June 29, 30 Wed/Thurs	<i>Home Swim/Dive Meet v Ridgewood</i>
July 15, 16 Fri/Sat	<i>Home Swim/Dive Meet v Hawks Landing</i>
July 22, Fri	<i>Home Dive meet v Maple Bluff (MB)</i>
July 23, Sat	<i>Home Swim Meet v MB & MSN @ MSN Goodman</i>
July 4 Monday	Hours 11:00am - 6:00pm, no lessons or team practice
July 19, Tuesday	Water Ballet and Dive Show (Pool closes at 6:30pm)
July 25-26	All City Dive meet @ Shorewood
July 28 - July 30	All City Swim Meet @ Parkcrest
July 30, Saturday	Swim/Dive Team Awards Picnic at Rennebohm Park Adult Social (pool closes at 6:00pm)
August 15–28	Extended Recreational Swim Mon-Sat, 10:00am – 8:50pm Sun, 11:00am – 8:50pm
August 21, Sunday	Family Fun Day 2:00-5:00 pm
August 29-Sept 4	Reduced Hours. Recreational Swim 1:00pm – 8:00pm
September 5, Monday	Labor Day/Closing Day hours: Noon – 5:00pm

Regular Pool Hours June 13 – August 12

Monday – Friday

6:00am – 7:15am	Adult lap swim
7:15am – 8:30am	Adult lap swim – Diving well only
7:15am – 8:45am	Swim Team practice – Ages 11 and up
8:15am – 9:30am	Swim Team practice – Ages 10 and under
9:30am – 12:00pm	Classes – See pages 18-23 for details
12:00pm – 1:00pm	Swim Team practice – Ages 10 and under, Dive Team practice
4:00pm - 5:30pm	Swim Team practice – Ages 11 and Up, please consult Coaches
1:00pm – 9:00pm	Recreational Swim
6:00pm -7:30pm	Dive Team practice

Saturday

10:00 am – 8:50 pm	Recreational Swim (later opening on days of home swim meets)
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Sunday

11:00 am – 8:50 pm	Recreational Swim
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NOTE: From 5:00pm until closing, swimming is only for ages 13 and over or entering eighth grade, unless accompanied by a parent or an adult.

Please check the Hill Farm Swim Club web site for updated information.

www.hillfarmswimclub.org

Welcome to the Hill Farm Swim Club!

51st Anniversary

Take the time to read this booklet, especially if you are a new member.

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Special Events for 2011

❖ **All-City Swim July 28-30 and Dive July 25-26 Meets**

Parkcrest Swim Club hosts the All City Swim meet July 28-30. All City Dive meet will be held July 25-26 at Shorewood

❖ **Annual Grounds Clean Up**

Sunday, May 1st from 2:00pm to 4:00pm is grounds cleanup day at HFSC. **We need all the volunteers we can muster to get the grounds into shape for a summer of fun!**

There is a job for everyone, adults and kids alike. Each family that participates will receive four free guest passes for use this summer. If it rains, cleanup will be May 7th.

Kevin Mirus and Andy Lifson are responsible for buildings and grounds. Bring your trimmers, tarps, rakes, **wheelbarrows** and any other yard tools you think need a workout. You may want to label what you bring.

❖ **New Members Orientation**

Welcome to Hill Farm Swim Club! New members, including children, please come to the pool on Friday, May 27th at 6:00pm for a brief orientation meeting. You will meet the Pool Director Janna Casey, Assistant Directors Matt Green and John Casey, available pool staff, and the Board of Directors.

❖ **Evening Closing Time**

On many evenings, the pool will stay open until 9:00pm, and the building will close promptly at 9:15pm. From June 15 - August 17 the pool will stay open on Wednesdays until 9:50pm for an extended evening swim.

❖ **Family Swim Time**

Come as a family and use masks, fins, snorkels, inner tubes, and other water toys. Lap swim will continue in appropriate lanes. This program starts June 11.

Saturdays	10:00am - 12:00 noon & 6:00pm - 8:50pm
Sundays	11:00am - 1:00pm & 6:00pm - 8:50pm

❖ **Adult Members Social**

Pool-side dinner, music and fun under the stars by an open fire pit. Date to be announced.

❖ **Annual Diving Exhibition and Water Ballet Show**

The show is presented by HFSC members and staff, Tuesday evening, July 19th. Pool closes at 6:30pm.

❖ **Family Fun Day**

The day features D.J. music, games, treats, races, inner tubes, and more on Sunday, August 21st from 2:00 - 5:00.

More Special Events for 2011

- ❖ Middle School and Teen Swim Nights
- ❖ Adult Evening Water Volleyball
- ❖ Adult Master's Diving (Fun on the Board)
- ❖ Neon Night August 12
- ❖ Lunch on the Lawn

~~~Dates to be announced~~~

## HFSC Board of Directors

|                               |                 |          |
|-------------------------------|-----------------|----------|
| President                     | Tissy Bauer     | 236-4138 |
| Vice President                | Jacki Lawton    | 238-6601 |
| Secretary                     | Deanna Stadler  | 692-9980 |
| Treasurer                     | Mary Blabauam   | 233-6896 |
| Assistant Secretary           | Terry Heinrichs | 238-3484 |
| Social & Grievance            | Judy Gundersen  | 238-9412 |
| Social & Grievance            |                 |          |
| Membership                    | Aimee Tobin     | 233-8909 |
| Buildings and Grounds         | Kevin Mirus     | 232-9896 |
| Buildings and Grounds         |                 |          |
|                               |                 |          |
| All City Board Representative | Gregg Knoche    |          |

## Pool Staff

At HFSC we strive to hire a well qualified staff to provide continuous supervision, to mitigate injudicious behavior, and to lend immediate assistance when needed. Our staff has American Red Cross Life Guard and Swim Instructor certification. This year our pool staff includes:

|                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|---------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Pool Director/Manager                             | Janna Casey 279-1963 <a href="mailto:jlrichter2002@yahoo.com">jlrichter2002@yahoo.com</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Assistant Pool Director                           | Matt Green 827-2925 <a href="mailto:greenteam@tds.net">greenteam@tds.net</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Assistant Pool Director                           | John Casey 695-9586 <a href="mailto:jlrichter2002@yahoo.com">jlrichter2002@yahoo.com</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Head Lifeguard                                    | Heather Kalscheur                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 2011 Pool Staff w/ major aquatic responsibilities | Meredith Gabler, Alex Lubniewski, Rosie Kornell, Torri Sampson-Behn, Stephen Julka, Lauren Knoche, Emma McKeith, John Domann, Mark Domann, Sarah Ales, Lilly Gors, Amy Skille, Alison Geier, Luke Lippitt, Deb Julka, Mary Werner, Maddy O'Keefe, Thomas Verhoeve, Will Elsas, Michael Ntambi, Paul Domann, Heidi Gors, Leo Hursh, Bronwyn Knaebe, Abby Immerfall, Claire Ryan, Tissy Bauer, Margaret Ntambi, Sterling Knoche, Chris Vergeront, Chandra Kalscheur-Stegner, Elizabeth Hoerning, Casey Dahler, Greta Gors, Gretchen Bauer, Nicole Green |

## The Pool and Grounds

The Building and Grounds Committee, which includes Kevin Mirus, Andy Lifson, and Matthew Green, is always evaluating the condition of the pool and grounds. Contact any of them with concerns or suggestions.

## 'Drown' the Debt

HFSC still owes about \$900,000 in debt for our new more efficient, accessible and beautiful facility. It is our goal to retire the debt as quickly as possible. Your help is needed to 'drown' the debt. Please consider making a contribution, separate from your dues check, to help retire the debt. A donation from each member of \$101, for each summer day, would raise enough money to pay off the debt two years early.

Activities such as the Adult Social, Neon Night, and kid's Bake Sales will help to raise money throughout the summer for reducing the debt. Watch for more information on how you can make donations and/or volunteer your time to support HFSC.



### WI-FI Available

WI-FI will be available at the pool again this year.



### Lunch on the Lawn; Wednesdays and Fridays

The Memorial HS Special Education Department received a grant for a small, mobile hot dog cart so students with special needs could develop vocational skills. HFSC will be their Wednesday and Friday stop, on a trial basis.



### 2011 All City Swim Meet July 28-30

Parkcrest Swim Club will host the 50<sup>th</sup> All-City Championship Swim Meet. There will be volunteer opportunities to help with the meet. In honor of the 50<sup>th</sup> Anniversary, Parkcrest wants to do a short history of each pool. Do you have pictures or other memorabilia for inclusion in a display at the meet?



### 2011 All City Dive Meet July 25-26

Shorewood hosts the All City Dive Meet July 25-26.

## Controlling Operational Costs

Each year the costs to operate the pool go up. These rising costs are reflected in our annual dues. In an attempt to keep costs low please help with the following:

1. Telephone Charges. Please make plans with your children before they visit the pool to limit unnecessary phone calls.
2. To keep the pool clean, all swimmers must take a brief shower before using the pool. Please inform the pool staff if you see overuse or misuse of the showers so they can handle the situation.
3. Consistent shower use can extend the useful life of the pumps and filter system by five years.

## Pool Hours

1. Hours are subject to the pool director's scheduling of instruction periods, adult or teen-age swim nights, swim meets, etc. See hours on page 2.
2. From 5:00pm until closing, swimming only for ages 13 and over or entering eighth grade, unless accompanied by a parent or an adult.
3. The pool may be closed for maintenance operations, health conditions, weather, or any reason deemed sufficient by the pool director. Please call the pool to verify.
4. Home Swim Meets: the pool will be open for recreational swimming approximately one hour after the conclusion of the two Saturday morning Home Swim Meets. Home meets start at 8:00am. Watch for notices at the pool for closings hours for weeknight dive and swim meets. See schedule pp 2 and 17.

## Membership Information

### Dues Reminder

You should have received your annual dues notice in early March. Paying your dues on time qualifies you for free guest passes and avoids the late fee. Dues must be received by the Treasurer postmarked no later than May 5<sup>th</sup>. Checks should be made payable to **Hill Farm Swim Club, Inc. P.O. Box 5004, Madison, WI 53705**. Please be sure that the adult members' names appear printed or written on the check.

|                                           | Family Membership | Individual Membership* |
|-------------------------------------------|-------------------|------------------------|
| Annual Dues (incl. 5.5% sales tax)        | \$669.93          | \$334.96               |
| Dues with late fee if paid after May 5 ** | \$719.95          | \$384.96               |
| Free guest passes if paid by May 5        | 6                 | 3                      |

Members who default in payment of their summer dues shall have their stock sold to recover unpaid dues and late fees. The stock sale shall occur after September 15<sup>th</sup>.

**\*See page 8, Membership Obligations.**

**\*\*Additional late fees will apply after June 1.**

## Please Update your Member Information with our new Emergency Contact Cards

It is the responsibility of Hill Farm Pool members to keep their personal information current. It is critically important that Pool staff have current info, particularly in case of an emergency. Please mail the contact information card in the dues notice ASAP (and no later than May 5, 2009) to HFSC PO Box 5004 Madison, WI 53705. There is a copy of the Dues Notice and Emergency Contact Card on the web site.

## HFSC Waiting List

Do you have friends or neighbors that would like to join HFSC? Prospective members should get their names on our waiting list ASAP.

To get on the waiting list contact our Membership Secretary, Aimee Tobin via e-mail at [hfscmembership@gmail.com](mailto:hfscmembership@gmail.com), by telephone (608) 233-8909, sign up in the office or send a request to Hill Farm Swim Club, P.O. Box 5004 Madison WI 53705. A name, address, and phone number must be provided.

## Member Obligations

1. Members must identify themselves at the front desk by signing in upon arrival during open swim periods.
2. No transfer of pool membership is allowed.
3. The cost of any property damage will be charged to the responsible active member.
4. Annual membership dues must be paid in full by season's opening, at which time the family membership card will be placed on file at the pool desk for identification purposes. Six free, non-transferable, guest passes are provided for each Family Membership whose dues payment is postmarked by **May 5**. Three free, non-transferable, guest passes are provided for each Individual Membership whose dues payment is postmarked by **May 5**. These passes allow one entry to the pool as a guest. A card will be dated at the pool desk as a record of the use of this guest privilege.
5. A member of the corporation, spouse, and unmarried and dependent children under the age of 21 may use the swimming pool. Other residents of a member's household may use the swimming pool but only as guests. At the Pool Director's discretion, this rule may be waived for member's children who are 21 and over and are full time students who are home for the summer. Contact the Pool Director to request such a waiver.
6. If you suspect that someone is using the pool without authorization, please contact a lifeguard or the office staff.

## Individual Membership Application

A Family Member may request an Individual Membership under the following conditions:

1. The membership will only be used by one adult.
2. The Family Membership has been held ten or more years.
3. An Individual Membership becomes available. The maximum number of Individual Memberships is limited to 60 in the HFSC Bylaws.

If you are interested in applying for an Individual Membership, send a request in writing to the HFSC Membership Secretary. See the pool bylaws for additional details.

## Summer Replacement Application

If a member is planning to be away for the summer she/he may request a summer replacement by following these steps:

1. Submit a written request to the Membership Secretary postmarked by **April 5**.
2. Include a check covering the full amount of the annual dues.
3. Include a check for the \$50.00 membership maintenance fee.

If the Membership Secretary is able to find a summer replacement, the dues check will be returned to the member and the maintenance fee check will be deposited. If a summer replacement is not available, the dues check shall be deposited and the maintenance fee check will be returned to the member.

## Guest Fee Rates and Rules

Guests are welcome at HFSC during recreational swim hours, when accompanied by a member. A guest pass card is kept and dated at the pool office to record use of guest privileges. Guest fees per person including sales tax are as follows:

|                                        |           |
|----------------------------------------|-----------|
| Daily                                  | \$ 4.00   |
| House Guest Weekly                     | \$ 20.00  |
| House Guest Season                     | \$ 150.00 |
| Extended Family Member (grandchildren) | \$ 200.00 |

1. Conduct of guests is the direct responsibility of sponsoring members.
2. All guests must be accompanied and registered by a member. They cannot be sent to the pool with instructions to use your name. Each guest must have a sponsoring member at the pool at all times unless special arrangements are made with the pool director.
3. The pool director may suspend guest privileges when necessary.
4. Daily and extended houseguests may swim only during recreational swimming hours, not during instruction periods. An extended family member guest (grandchildren of family member) may also take lessons on a space-available basis. The extended family member guest must apply for membership in his/her own right in order to be eligible for more than one season of guest use.

5. Babysitters do not need to pay or use a guest pass to be on the pool deck. However, if they use the large pool, they must pay or use a guest pass on a daily basis.
6. The free guest passes that are given for prompt payment of dues and for grounds cleanup are good throughout the current season only.

## Rules and Procedures

The following rules and regulations are for the protection and benefits of all members. Any failure to comply with these rules shall be considered sufficient cause for immediate suspension of pool privileges for a period of one to seven days. Successive violations can be considered sufficient cause for cancellation of the family or individual membership.

Children will be held accountable for their behavior, and will be asked to leave the water or the pool if necessary. Parents are requested to remind their children of the rules before they come to the pool, and to remind their children to obey instructions of the pool director and other employees.

Members are welcome to report any unacceptable behaviors to the staff. The HFSC Staff will act decisively and consistently to deter any disruptive activity or persistently negative behavior.

## Conduct and Procedures

1. The By-Laws are adopted by all members of HFSC and give specific responsibilities to our Board of Directors. One of these responsibilities is the hiring and supervising of the Pool Manager/Director and the Assistant Manager. The manager oversees the entire operation of the pool. The assistant manager is primarily responsible for the buildings, pools and grounds. If neither is on pool grounds, the head life guard or the senior guard on duty is responsible for the operation of the pool.
2. Check-in procedure requires that members always check in upon arrival at the pool during open swim hours. A membership sign-in sheet is located at the desk. Office staff will be present at the front desk to assist in registering members and guests.
3. Bad weather is sometimes a concern. The staff will take appropriate safety precautions which may include closing the pool. Under no circumstances will children be left unattended. On cold and rainy days/nights, please call to verify that HFSC is open for normal hours. Our policy is to stay open for your convenience as much as possible.
4. Lightning policy. The most senior staff member present has responsibility and authority regarding pool use during storms. A 30 second or less "flash to boom" count shall require all swimmers and divers to exit the pools and seek shelter in the pool building. Once swimming and diving has been suspended, our "20 minute rule" requires us to wait 20 minutes after the last flash of lighting or clap of thunder before swimming and diving resumes.

5. The use of cellular phones, other electronic devices that capture images, or cameras of any kind is prohibited in locker rooms, changing areas, showers, and toilet stalls.
6. Children five and older should always use the gender appropriate locker room. If you think your child needs assistance, ask a pool staff member to escort your child to the appropriate locker room or the family bathroom.
7. Please notify the pool staff if you are planning an event like a birthday party or team sport party at the pool. This is particularly important if the group will exceed 10 people.
8. A gas grill is available for use on the pool grounds. Please observe safety rules that are listed when you use it.
9. Members shall drive slowly and carefully in the parking area and on the streets near the pool site. Members are urged to use the pool parking lot. Autos and bikes must only enter the parking area from Regent Street and exit after stopping at the Eau Claire Avenue exit.
10. Bicycle riders should use bicycle stalls and lock bikes.
11. No food, gum, or soft drinks may be brought into the pool area, locker rooms, and changing areas except during special events planned by the club. Picnic tables are provided for member use on the grounds.
12. No intoxicants may be brought onto club grounds except as set forth by the board of directors. No member or guest may be on club grounds while under the influence of intoxicating beverages or drugs.
13. No abusive language or profanity is allowed.
14. No smoking on pool grounds.
15. Only pool personnel are allowed in the office except during special events planned by the club.
16. No weapons may be brought onto the club premises.



## Safety Rules

1. Long hair not held in place by a swimming cap must be pulled away from the eyes of the swimmer and secured by some method (e.g., a non-metallic band or ribbon.)
2. No pets are allowed on the club property.
3. Glass containers of any kind are not allowed in the pool area.
4. Running, pushing, wrestling, or causing undue disturbance in or about the pool, showers, or grounds is not allowed.
5. Equipment such as air-inflated tubes and mattresses, jackets, flippers, masks, play pens, buggies, lounge chairs, etc. shall not be allowed in the swimming area unless authorized specifically by the pool director or life guards.
6. Soft plastic toys are permitted in the shallow pool, but are discouraged in the large pool. Rubber torpedoes, rings, soft rubber balls, etc., may be used in the pool but never motorized or propeller driven toys of any size.

7. Children under the age of Seven must be accompanied by a parent/guardian or someone 16 years or older in the main pool, except during instructional periods/swim team activities, or with life guard approval on a daily basis
8. Children 7 years old and over who have passed the deep water test may come to the pool unaccompanied by adult.
9. Children 7 to 10 who have not passed the deep water test must be accompanied by a responsible baby sitter or adult. Tests can be arranged with a lifeguard on duty.
10. Children under 11 shall not be allowed in the deep end until they have passed the deep water test or with guard approval.
11. Children in the shallow pool must be directly supervised at all times by a responsible person who is watching them because it is unguarded by staff.
12. Diving off the pool edge into water less than five (5) feet deep is not allowed except during instructional periods and swim meets.
13. Unnecessary conversation with lifeguards while on duty is discouraged.
14. Chaise lounges are to be used only by adults during peak open swim hours.
15. The pool capacity is limited: Main Pool-**246**; Diving Well-**36**; Shallow Pool-**28**
16. All swimmers must wear swimming suits. Shorts and Cut-offs are not to be used in place of proper suits.

## Diving Rules and Safety Precautions

1. Avoid moving the fulcrum all the way to the rear of the board.
2. Only one person on the diving board at one time.
3. Only one bounce on the board during open swim.
4. No running on the dive take-off.
5. Be sure that the diving area is clear before take-off.
6. Wait for the previous diver to reach the side of the pool before beginning your dive.
7. Divers must clear the area immediately following entry.
8. Enter the water straight off the board, not the side.
9. Hands must enter water first on head entry dives.
10. Obey all posted rules and regulations.
11. Follow verbal instructions from pool staff.



# Health Safety Rules

HFSC is committed to clean and sanitary water and your compliance with the following rules is required for pool entry.

1. Anyone having flu symptoms or gastrointestinal illness within the past three days should not use either pool.
2. Admission to the pool may be refused to anyone with a cough, cold, inflamed eyes, infection, wearing bandages or other significant health issues.
3. Wash or shower before entering the pool water and wash hands after using the toilet.
4. Please don't swallow pool water and also avoid getting it into your mouth if possible.
5. Notify pool staff if you or family members develop an illness that you think may have been related to a visit to the pool.

The aquatics staff will do its part by maintaining the highest standards of water sanitation. However, the nature of certain bacteria is such that your compliance with City and State Health Codes is absolutely necessary. These rules will be strictly enforced in order to prevent the possibility of an outbreak of Cryptosporidium or other water-borne bacteria.



## Infant and Toddler Use of Pools

The HFSC Board has adopted the following guidelines for infant use of the pool:

1. Non-Toilet Trained, or Recently Toilet Trained Infants
  - a. Infants who are not toilet trained may not use the large pool at any time.
  - b. All Infants still in diapers or those in the midst of training must wear a swim diaper and a swim suit with tight fitting legs in the shallow pool.
  - c. Infants who have recently become toilet trained must wear swimsuits with tight-fitting legs.
2. Nudity outside of the locker room is prohibited.
3. All children using the shallow pool must be accompanied at all times by a responsible person who is watching the children. Make certain an adult constantly watches children in or near water. This is especially true in the gate shallow pool area. Please be aware that there is no lifeguard positioned in the shallow pool.
4. The shallow pool is intended for children who are non-swimmers and those supervising or playing appropriately with non-swimmers.
5. Caution children who are playing with buckets of pool water. A baby or toddler can drown in as little as an inch of water.
6. Avoid using air-filled swimming aids such as "water wings" in place of life jackets.
7. Children using PFD/flotation devices must remain under the **close and direct** supervision of the responsible adult.
8. Soft plastic toys will be permitted in the shallow pool.
9. Protect children's skin with cover-ups or with appropriate sunscreen applied ½ hour before entering the water.



## Adult Swimming Programs



### Sunrise Swim

We will operate the Sunrise Swim program Monday through Friday mornings June 2<sup>nd</sup> through August 26<sup>th</sup> from 6:00-8:30am. During the Competitive Swim season only the diving well is available for swimming from 7:15am - 8:30am. This program is only open to adult members of our pool for lap swimming. There may be a Masters Swim opportunity.

### Lap Swimming

Lap swimming is available during all open swim times. Water walking is permitted during open swim hours. Aqua shoes/socks can be worn by adults. During evening lessons, which run from June 21<sup>nd</sup> - August 11<sup>th</sup>, lap swimming may be reduced from two lanes to one from 5:15pm to 6:30pm. Please remember to swim counter-clockwise in the lanes when swimming laps. Use the center of the lane to pass when double lane swimming exists. Also, when lanes are crowded, do your resting on the pool deck. If the staff observes that more space is needed by lap swimmers or recreational swimmers, they will make necessary lane adjustments. We appreciate your input.

There may be one adult swim period every afternoon from 2:45 - 3:00 p.m. upon request to a Life Guard.

### Swim and Stay Fit

Swim and Stay Fit is a planned activity to encourage adults to swim regularly and frequently until 50 or more miles are reached. A chart is located at the front of the office to record your mileage. Sixty (60) lengths equals one mile.

### Adult Aqua Fitness Class

Adult Aqua Fitness Class meets Monday - Friday from 10:00 a.m. - 11:00 a.m. beginning June 13<sup>th</sup>. Evening classes will meet Tuesday and Thursday from 7:00pm-8:00pm beginning June 14<sup>th</sup>. Inquire at the Pool Office for schedule.



# Competitive Swimming



## and Diving Program

The Swimming and Diving teams are provided by HFSC as two of the many programs offered to its members. Regular practice begins June 13<sup>th</sup> and runs Monday through Friday. Dive meets are usually held Friday evenings at 5:00. Typically swim meets are scheduled Saturday mornings at 8:00, except for some weekday meets; see schedule page 17. **There will be an informational meeting for parents at the Swim/Dive Teams Ice Cream Social the first week of practice.**

### Participation Criteria

Age groups are by gender and by age as of June 1. The age groups are 8 and under, 9-10, 11-12, 13-14, and 15-17 plus 18 year olds who have just completed high school. We need swimmers and divers in all age groups. **Swimmers must be able to swim one length of the pool using any stroke. Dive team members should be able to execute a minimum of five competitive dives**, unless they are taking diving lessons. If there are exceptions, please talk with the swim or dive team coaching staffs concerning team membership.

The fee for Swim and/or Dive Team participation is \$25.00 per child, or \$50.00 for families with two or more children.

Please **complete the Registration Form** and the **All City Release and Waiver**, and **sign** the line that authorizes your child to be a member of the swim and/or dive team. **These forms must be filled out and signed in order for the swimmer/diver to compete.** Send these forms and your Swim/Dive Team Fee with your dues payment or bring them to the office ASAP. The forms may be picked up at the office or printed off the website.

### ALL CITY SWIM LEAGUE REQUIREMENTS:

**Please complete an All City Swimming and Diving Release Form. This must be signed in order for the swimmer/diver to compete in any meets. One form may be used for multiple family members. Forms are available in the Pool Office or online on the web site.**

### Pre-Season Swimming/Diving Team Practice for age groups 9 and up; June 6-10 (Optional)

We will attempt to organize a schedule based on available coaches and pool hours. Contact the pool after Opening Day for information.

### Swim and Dive Team Summer Trips!

July 6, Wednesday ~Noah's Ark Trip ~ Ages 9 and Up  
July 7 Thursday ~Middleton Water Park ~ Ages 8 and Under



## Swim Team

Four regular practice sessions:

- **7:15 - 8:45am** for 11-12, 13-14, and 15-18 (or by invitation of the coach).
- **8:15-9:30am** for experienced 8&U, 9-10, and less experienced older swimmers
- **12:00 noon - 1:00pm** for 8 and under, and 9-10
- **4:00-5:30pm** Monday-Thursday 11 and Up.

See coaches if you have questions regarding your child's appropriate practice time.

Co-Head Swim Coaches for the 2011 swim season: Maddy O'Keefe, John Domann  
Assistant Swim Coaches: John Casey, Mark Domann, Lilly Gors, Mary Werner, Abby Immerfall, Alison Geier, Sterling Knoche, Casey Dahler, Will Elsas



## Dive Team

Regular practice sessions: 12:00 Noon - 1:00 p.m. and 5:00 p.m. - 6:30 p.m.

Diving coaches: Paul Domann and to be announced.

## Team Suits 2011

**Walters Swim and Sun, 1639 Monroe St. (256-7946)** will be the team dealer for all team apparel for this summer. Suits will be available to try on for correct sizing after **May 7<sup>th</sup>** at the store. Order forms for suits and caps will be available at the store and the HFSC web site.

## Dive and Swim Meet Schedule

**(Home meets are listed in bold type)**

|                   |              |                                            |
|-------------------|--------------|--------------------------------------------|
| June 17/18        | <b>F/Sat</b> | @ High Point                               |
| <b>June 24/25</b> | <b>F/Sat</b> | <b>Nakoma</b>                              |
| <b>June 29-30</b> | <b>W/Th</b>  | <b>Ridgewood (swim Wed, dive Thurs)</b>    |
| July 8/9          | F/Sat        | @ Westside                                 |
| July 12/13        | Tu/Wed       | @ Parkcrest                                |
| <b>July 15/16</b> | <b>F/Sat</b> | <b>Hawks Landing</b>                       |
| <b>July 22</b>    | <b>Fri</b>   | <b>Maple Bluff Dive</b>                    |
| <b>July 23</b>    | <b>Sat</b>   | <b>@MSN (Goodman)</b>                      |
| July 25-26        | M/Tues       | All City Diving Meet @ Shorewood           |
| July 28-July 30   | Th-Sat       | All City Swim Meet @ Parkcrest             |
| July 30           | Sat          | Swim and Dive Team picnic @ Rennebohm Park |

Swim Meets start at 8:00am, Dive Meets start at 5:00pm unless otherwise noted.



## **All City Swimming and Diving Meet**

**Swimmers and divers must compete in three meets during the season to qualify for the All City Meet.** All teams participating in the league will compete in this season ending meet.

Each boy and girl who competes in the All City Swimming and Diving Meet will be assessed an entry fee. The fees will be collected prior to the meet and can be paid at the pool office.

Gregg Knoche is the HFSC representative to the All City Swim/Dive team organization.



## **Award System**

HFSC will give recognition to every swimmer who makes individual progress during the summer season. Individual times are kept for each person. Each time a swimmer achieves a personal best time or a diver achieves a personal best score, they will receive a Hill Farm Personal Best Button as well as a card with the time (score) and the Meet at which it was earned. These buttons will be placed in the swim team folders within the week following each meet. End of Season Ribbon awards are presented at the Team Awards Picnic on Sunday, July 30<sup>th</sup>. These ribbons are based on the number of personal bests achieved during the season, number of different strokes raced, and achievement at the All City Meet. Mary Forlenza has volunteered to coordinate the award system.

Meet ribbons will be awarded to all swimmers and divers 12 and under at dual meets for 1<sup>st</sup> through 6<sup>th</sup> places.

## **Hill Farm Home Swim Meets:**

HFSC is dependent upon help from *all parents*. There are sign up sheets in the Pool Office for volunteers for each home meet, with descriptions of the various positions. There are opportunities for all levels of time and experience. In addition we need volunteers to help provide food for the lunch/snack bar at the meets. Please sign up prior to each home meet; June 25, June 29, July 16. The swim meet with MSN on July 23 will take place at the Goodman Pool, Olin Drive and be staffed by Hill Farms, as the new Madison team learns about hosting a meet.

**Remember to return your forms and fees to the office (or with your pool dues payment) by Sunday June 12<sup>th</sup>:**

- **Activity Fee (\$25.00 per child or \$50.00 per family with more than one child on swim or dive team)**
- **All City Waiver form (in pool office or on web site)**
- **HFSC Swim/Dive Team Registration Form (in pool office or on web site)**



# Swimming and Diving Instruction

Swimming and diving instruction are provided by HFSC as some of the many programs offered to its members. A child may register for only one swim class per session (exclusive of diving, competitive swimming, synchronized swimming and Youth Water Fitness).

## Prerequisites for Class Participation

Please see class descriptions, p. 21

We will administer PRE-SWIM TESTS for enrollment in any class if necessary.

Individual testing and screening will be set up by appointment for swimmers who do not know which swim class to take. Contact Janna or one of the aquatic staff PRIOR to swim class registration for more information.

## Morning Swim Lessons

Classes will run 5 days per week for three weeks. See page 20 for class times.

REGISTRATION: Saturday, June 4<sup>th</sup>, 10:00 am -12:00 p.m. or thereafter at the office

SESSION 1 Monday, June 13-Friday, July 1

SESSION 2 Tuesday, July 5 -Friday, July 22

SESSION 3\* Monday, July 25 -Friday, August 12

## Late Afternoon/ Evening Swim Lessons

REGISTRATION: Saturday, June 4<sup>th</sup>, 10:00 am -12:00 p.m. or thereafter at the office

SESSION 1 Tuesday, June 21 -Thursday, July 14

SESSION 2 Tuesday, July 19 -Thursday, August 11

- Lesson times are 5:30 pm -6:00 pm and 6:05pm -6:35 pm on Tues., Wed., and Thurs.
- Class assignments will be determined after sign-up is completed and pool staff will notify parents of class time starting June 17<sup>th</sup>.
- Evening lessons are subject to the number of interested swimmers and the availability of pool space and staff with priority given to levels 1, 2, 3 and 4.
- Swimmers may not take morning & evening lessons concurrently.
- See Janna Casey if you encounter scheduling conflicts.
- Attempt to register your child for morning lessons if at all possible. Evening water space is limited.

## Morning Lesson Schedule

| <b>Class</b>                           | <b>Session 1</b>                            | <b>Session 2</b>                            | <b>Session 3</b>                            |
|----------------------------------------|---------------------------------------------|---------------------------------------------|---------------------------------------------|
| Pre-Level 1                            | 11:00 am<br>11:30 am                        | 11:00 am<br>11:30 am                        | 11:00 am<br>11:30 am                        |
| Level 1 - Introduction to Water Skills | 11:00 am<br>11:30 am                        | 11:00 am<br>11:30 am                        | 11:00 am<br>11:30 am                        |
| Level 2 - Fundamental Water Skills     | 11:30 am<br>11:00 am                        | 11:30 am<br>11:00 am                        | 11:30 am<br>11:00 am                        |
| Level 3 - Stroke Development           | 10:00 am<br>11:00 am<br>11:30 am            | 10:00 am<br>11:00 am<br>11:30 am            | 10:00 am<br>11:00 am<br>11:30 am            |
| Level 4 - Stroke Improvement           | 9:30 am<br>10:00 am<br>11:00 am<br>11:30 am | 9:30 am<br>10:00 am<br>11:00 am<br>11:30 am | 9:30 am<br>10:00 am<br>11:00 am<br>11:30 am |
| Level 5 - Stroke Refinement            | 9:30 am<br>10:00 am<br>10:30 am             | 9:30 am<br>10:00 am<br>10:30 am             | 9:30 am<br>10:00 am<br>10:30 am             |
| Level 6 - Fitness Swimmer              | 9:30 am<br>10:30 am<br>11:30 am             | 9:30 am<br>10:30 am<br>11:30 am             | 9:30 am<br>10:30 am<br>11:30 am             |
| Youth Water Fitness                    | 9:30 am                                     | 9:30 am                                     | 9:30 am                                     |
| Competitive Stroke Analysis            | 10:30 am                                    | 10:30 am                                    |                                             |
| Synchronized Swimming Class            | 9:00 Adv<br>9:30 Int<br>10:00 Beg           | Group work<br>for show<br>9-10:30 am        |                                             |
| Adult Aqua Fitness                     | 10:00 am                                    | 10:00 am                                    | 10:00 am                                    |
| Adult Aqua Fitness – evening Tu/Th     | 7:00-8:00 pm                                | 7:00-8:00 pm                                | 7:00-8:00 pm                                |
| Diving Classes:                        |                                             |                                             |                                             |
| Beginning                              | 10:30 am                                    | 10:30 am                                    | 10:30 am                                    |
| Continuing                             | 11:00 am                                    | 11:00 am                                    | 11:00 am                                    |
| Intermediate                           | 11:30 am                                    | 11:30 am                                    | 11:30 am                                    |

# Swim Class Descriptions

The American Red Cross has developed a Swimming and Water Safety Program. The levels have a course content and skills requirement which is described below.

## Pre-Level I – Introduction to Water Skills

- Climb in and out
- Bob on stairwell
- Blow bubbles
- Sit/Stand jump assisted
- Front/Back float assisted
- Kick on front/back assisted
- Arm movements assisted

## Level I – Introduction to Water Skills

- Underwater swim and breath control
- Buoyancy on front and back
- Swim on front and back with alternating arm and leg action
- Combined stroke on front and back

## Level II – Fundamental Aquatic Skills

- Fully submerge; bobbing
- Pick up object under water with eyes open
- Front and back float; rolling over
- Front and back glides
- Treading water
- Combined arm and leg action, front and back
- Developing distance endurance
- Finning and sculling

## Level III – Stroke Development

- Bobbing with head fully submerged
- Rotary breathing
- Front and back glides
- Treading water
- Front and back crawl
- Changing horizontal and vertical positions, front and back
- Butterfly; kick and body motion
- Diving rules; basic skills – kneel/stand

## **Level IV – Stroke Improvement**

- Underwater swimming
- Feet-first surface dive
- Open turns on front and back
- Treading water using scissors, breaststroke or rotary kick while using sculling arm motion
- Front and back crawl
- Breast stroke
- Elementary back stroke
- Butterfly
- Scissors kick
- Diving rules and safety
- Jump from height with lifejacket
- Throwing assist
- Rescue breathing

## **Level V – Stroke Refinement**

- Back float
- Flip turn and front and back
- Front crawl, butterfly, breaststroke
- Back crawl, elementary backstroke, side stroke
- Dive standing/stride
- Diving – standing and shallow
- Compact jump from height with lifejacket
- Swimming underwater
- Tuck and pike surface dives
- Survival float and swimming
- Treading water; two different kicks
- Caring for choking victim

## **Level VI – Combined Classes**

- Fitness swimmer
- Lifeguard readiness
- Personal water safety



## **Synchronized Swimming**

The intent of this class is to teach basic synchronized swim skills. Class members may participate in our annual water show. Session I is divided into 3 skill levels. During session I, groups for the annual water show will be determined. Attendance during session I is important so that all interested class members who wish to be in the show are placed in a group. Contact the instructors if you will be absent for part of session I. In sessions II and III, groups will sign up weekly for instruction time with the teachers. **Heidi Gors, Lilly Gors and Sarah Ales** will instruct classes and direct the show.

**The water show is scheduled for Tuesday, July 19<sup>th</sup>.**

## **Youth Water Fitness Class**

This class is for youth swimmers who have completed all course levels. Activities will include water running, deep-water fitness activities, water safety activities, and games. See morning lesson schedule.

## **Teacher Assistant**

Those interested in a volunteer teaching capacity as aides while improving their own teaching skill when working with young swimmers should contact Janna Casey at the start of each three-week session or at the start of the evening lessons.

## **Competitive Stroke Analysis**

This class is intended to help our competitive swimmers further improve their competitive strokes. This class meets at 10:30 a.m. sessions I and II. See morning lesson schedule.

## **Instructor/Course Evaluation**

Forms will be available at the pool office or from the instructor.

Hill Farm Swim Club  
P.O. Box 5004  
Madison, WI 53705

Address Service Requested

