**Hill Farm Swim Club**

**2017 SWIM GUIDE**

****

**Hill Farm Swim Club, Inc.**

**P.O. Box 5004, Madison, WI 53705**

**Phone (608) 238-0600**

[**www.hillfarmswimclub.org**](http://www.hillfarmswimclub.org)

2017 HFSC Calendar and Special Hours

|  |  |
| --- | --- |
| April 23, Sunday | **Spring Grounds Clean-up 2-4pm** rain date April 30 |
| May 26, Friday | New Member Orientation 7:30pm |
| May 27-29 | Memorial Day Hours Sat. 1:00pm -8:00pm 11-8 Sun/Mon |
| May 30-June 2 |  Recreational Swim 1:00pm – 8:00pm |
| May 30, Tuesday | Sunrise Swim begins 5:45-8:30am  |
| May 30, Tuesday | Swim/Dive Team and Water Ballet Registration Night 6:00-8:00pm |
| June 3, Saturday | Lesson sign up begins at the pool office 10:00am |
| June 3/4 | Regular Weekend Pool Hours begin(see below for weekend hours) |
| June 5-9 | Hours: Adult lap swim 5:45am – 8:30am Recreational Swim 1:00pm – 8:00pm  |
| May 31– June 9 | Optional Pre-Season Swim/Dive Team Practice, see p. 15 |
| June 11, Sunday | Spread the Word Open House 11:00-9:00pm  |
| June 12, Monday | Morning Swim/Dive Lessons and practices begin |
| June 13, Tuesday | Evening Swim/Dive Lessons begin |
| June 17, Saturday  | Home Swim Meet vs. Ridgewood (pool opened approx.. 1:00) |
| June 21, Wednesday | Home Swim Meet vs. Goodman (pool closed at 3:00pm) |
| July 1, Saturday | Home Swim Meet vs. High Point (pool opened approx. 1:00) |
| July 4, Tuesday | Fourth of July Hours 11:00am - 6:00pm |
| July 8, Saturday | Home Swim Meet vs. Monona/West Side(pool opened approx 1:00) |
| July 15, Saturday  | Adult Social (pool closes at 6:00pm) |
| July 18, Tuesday | Water Ballet Show (Pool closes at 6:30pm) |
| July 27/28, Thurs./Fri. | No am or pm swim/dive lessons (All-City Swim Meet) |
| August 11, Friday | NEON Night 8:00-10:00 pm |
| August 13, Sunday | Rosie Day at the Pool (details to be announced) |
| August 14-25th | Extended HoursMon-Sat, 10:00am – 9:00 pm Sun, 11:00am – 9:00pm  |
| August 27th, Sunday | Family Fun Day 2:00-5:00pm |
| August 28-Sept. 1 | Monday-Friday Adult lap 5:45-8:00am Pool Hours 12:00-9:00pm |
| Sept. 2/3 Sat/Sun | Labor Day Weekend Hours 12-8:00pm |
| September 4, Monday | 10:00am– 5:00pm Last Day of the Summer 2017 Season |

**Regular Pool Hours June 12 – August 11**- Monday- Friday

|  |  |
| --- | --- |
| 5:45-7:15am, 12-9:00 | Adult lap swim begins Tuesday, May 30 \* revised am lap hours 5/30-6/9  |
| 7:15am – 8:30am | Adult lap swim – Diving well only |
| 7:15am – 8:45am | Swim Team practice – Ages 11 and up |
| 8:45am – 10am | Swim Team practice – Ages 9 & 10 |
| 9:30am – 12:00pm | Swim and Dive Classes – See pages 18-23 for details |
| 12:00pm – 1:00pm | Swim Team practice – Ages 8 and under (M-F) |
| 12:00pm-12:45pm | Mini-Moo Swim Team practice (Tuesday-Friday) |
| 6:30-7:00pm | COWABUNGA Dive Team practice (T/W/R) |
| 11:30-1:00 & 5:00-6:30pm | Dive Team Practice (M-R) Meets on Friday nights |
| 4:15pm - 5:30pm | Swim Team Stroke Clinic (days TBD) |
| 5:30-6:45pm | Evening Swim lessons (T/W/R)  |
| 6:30-7:00pm | Evening Dive lessons (T/W/R) |
| 1:00pm – 9:00pm | Recreational Swim and Lap Swim (10:00pm on Wednesday’s) |

**Saturday**

|  |  |
| --- | --- |
| 10:00 am – 9:00pm | Recreational Swim (approx.1:00pm opening on days of home swim meets) |

**Sunday**

|  |  |
| --- | --- |
| 11:00 am – 9:00pm | Recreational Swim |

**NOTE:** From 5:00pm until closing, swimming is open only for ages 13 and over or entering eighth grade, unless accompanied by a parent or an adult.

**Welcome to the Hill Farm Swim Club!**

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**Special Events for 2017**

**Annual Grounds Clean Up**

Sunday, April 23rd 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.

Jay Kemp is responsible for buildings and grounds. Bring your trimmers, tarps, rakes, wheelbarrowsand 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 26th at 7:30pm for a brief orientation meeting. You will meet the Pool Director Janna Casey, Assistant Director 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 14 - August 23, the pool will stay open on Wednesday’s until 10:00pm 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 3.

 Wednesday’s 9:00-10:00pm

 Saturday’s 10:00am - 1:00pm & 6:00pm – 9:00pm

Sunday’s 11:00am – 1:00pm & 6:00pm – 9:00pm

**Spread the Word Open House**

Sunday,June 11th 11:00-9:00pm

Bring an individual or family as your guest to enjoy a day at the pool for FREE. Spread the word so they’ll join the Herd!

**Adults Only Night**

The Adult Social will be held the evening of Saturday, July 15th. Watch for more details. If you’d like to help with this event, contact Deanna Stadler.

**Annual Water Ballet Show**

The show is presented by HFSC members and staff, Tuesday evening, July 18th. The pool will close at 6:30pm.

**NEON Night**

Night swims at Hill Farm are always a favorite! See the pool glow in the dark with glow sticks, laser lights, glow in the dark fun noodles, fire pit, and sno cones on Friday, August 11th 8:00-10:00pm.

**Family Fun Day**

The day features D.J. music, coin tosses, games, sno cones, races, inner tubes, and more! Sunday, August 27th from 2:00 – 5:00pm

**Middle School and High School Swim Nights TBA**

**Adult Evening Water Volleyball- TBA**

**Lunch on the Lawn; Wednesday’s and Friday’s**

The Memorial HS Special Education Department received a grant for a mobile Hot Dog Cart so students with special needs could develop vocational skills. The Hot Dog Cart will be at Hill Farm on Wednesday’s and Friday’s from 11:00-1:00pm starting June 21st

**Food Truck Thursday Nights**

Swimming makes us hungry. Come to the pool on Thursday nights starting June 15th-July 20th and enjoy food from the featured Food Truck of the week. Look for the Food Truck schedule posted at the pool and on the web.

**WI-FI Available**

WI-FI is available to members and guests. Stop by the office and ask for the top secret password.**HFSC Board of Directors**

|  |  |  |
| --- | --- | --- |
| President | Joe Kreye | 231-0154 |
| Vice President | Jennifer Eriksen | 217-0375 |
| Secretary | Jennifer Feldkirchner | 438-9993 |
| Bookkeeper | Mary Blabaum | 516-8616 |
| Assistant Treasurer | Ben Jones | 217-3289 |
| Social & Grievance | Deanna Stadler | 692-9980 |
| Membershiphfscmembership@gmail.com | Current Members: Aaron StegnerNew Members: Amy Talerico | 232-9668233-1503 |
| Buildings and Grounds | Jay Kemp | 285-5012 |
| All City Board Representative | Kevin Mirus | 232-9896 |

**The Pool and Grounds**

The Building and Grounds Committee, John Casey and Jay Kemp, are always evaluating the condition of the pool and grounds. Contact John or Jay with concerns or suggestions.

**Pool Staff**

At HFSC, we hire a well-qualified, committed, and enthusiastic staff. Hill Farm staff has American Red Cross Life Guard and Swim Instructor certification.

|  |  |
| --- | --- |
| Pool Director/Manager | Janna Casey 608-279-1963 jlrichter2002@yahoo.com |
| Assistant Pool Director | John Casey 608-695-9586 jlrichter2002@yahoo.com |
| See Website for additional staff information. | [www.hillfarmswimclub.org](http://www.hillfarmswimclub.org) |

## Controlling Operational Costs

The HFSC Website is being updated regularly. Check it often to be sure you’ve got the most current information.

www.hillfarmswimclub.org

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 is 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 home Saturday morning 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 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 5th. 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 | Adult Individual Membership | Adult Couple Membership |
| Annual Dues (incl. 5.5% sales tax) | $753.48 | $376.74 | $565.11 |
| Dues with late fee if paid after May 5 \*\* | $858.98 | $482.24 | $670.61 |
| Free guest passes if paid by May 5 | 6 | 3 | 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 15th.

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

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

## Please Update your Member Information with our Emergency Contact Cards by May 5th

It is the responsibility of Hill Farm Swim Club members to keep their personal information current. It is critically important that pool staff have current information, particularly in case of an emergency. Please mail the contact information card in the dues notice ASAP (and no later than May 5, 2017) 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 Membership List**

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

There is a $50 referral bonus to current members who recommend a new stock-purchasing member! Spread the word about joining the ‘herd’!

To get on the membership list, contact our Membership Secretary, Amy Talerico via

email at hfscmembership@gmail.com, sign up in the office or send a request to Hill Farm Swim Club, P.O. Box 5004 Madison WI 53705.

## 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 or Couple 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.

## Adult Membership Application

There is only one class of members, but within the class there are two levels of memberships: Family Members and Adult Members. Adult members consist of Individual and Adult Couples. Each type of membership has its own designated dues. The number of memberships shall not exceed 405, consisting of not more than 320 Family Memberships and not more than 85Adult Memberships.

If you are interested in applying for an Adult 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 **May 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 | $ 5.00 |
| House Guest Weekly | $ 20.00 |
| House Guest Season | $ 180.00 |
| Extended Family Member (grandchildren) | $ 240.00 |

1. Conduct of guests is the direct responsibility of the 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 use the pool when on duty with a Hill Farm Swim Club member.
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 staff.

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
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.

## noun lifevest 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. A responsible baby sitter or adult must accompany children 7 to 10 who have not passed the deep-water test. Tests can be arranged with a lifeguard on duty.
10. Children 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.

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## Health Safety Rules

Check out the website for detailed and current swim/dive team information.

www.hillfarmswimclub.org

HFSC is committed to clean and sanitary water and your compliance with the following rules are 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.

## http://dl.dropbox.com/u/2175683/Noun%20Project/577_wading.pngInfant 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
	1. Infants who are not toilet trained may not use the large pool at any time.
	2. All Infants still in diapers or those in the midst of training must wear a swim diaper and a swimsuit with tight fitting legs in the shallow pool.
	3. 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. Children using float belts must be supervised in the water by an adult or designated teenage supervisor.
7. Soft plastic toys will be permitted in the shallow pool.
8. Protect children’s skin with cover-ups or with appropriate sunscreen applied ½ hour before entering the water.

# http://dl.dropbox.com/u/2175683/Noun%20Project/229_swimming.png Adult Swimming Programs

## Sunrise Swim http://dl.dropbox.com/u/2175683/Noun%20Project/490_sunrise.png

The Sunrise Swim program will be held on Monday through Friday mornings, beginning May 30 through September 1. Please see page 2 for early morning lap swim hours. During the Competitive Swim season, 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.

##

## Lap Swimming

Lap swimming is available from 12:00-1:00 M-F and 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 13- August 10, lap swimming may be reduced to two lanes from 5:30pm to 6:40pm. Please rememberto swim counter-clockwise in the lanes when swimming laps. Use the center of the lane to pass when double lane swimming exists. When lanes are crowded, please 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.

## 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-four (64) lengths equals one mile.

##

## Adult Aqua Fitness

Adult Aqua Fitness Class meets Monday - Friday from 10:00-11:00 a.m. beginning Monday June 12th. Evening classes will meet Tuesday and Thursday from 7:00-8:00pm beginning June 15th. We may be able to begin morning classes in early June. Please check the pool and web for more information.

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# 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 12th and runs Monday through Friday. Dive meets are usually held Friday evenings at 5:00pm. Most swim meets are scheduled Saturday mornings at 8:00am, except for some weekday meets; see schedule page 16.

**Participation Criteria**

Age groups are by age as of June 1. The age groups are 8 and under, 9-10, 11-12, 13-14, and 15-19. 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 $40.00 per child, or $80.00 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. Forms will be available on the website.

**Mini Moos**

Mini Moos are a fun way to introduce younger swimmers to competitive swimming who are not yet able to swim a length of the swimming pool. Practices begin Tuesday, June 13th. The last day of practice is July 21st. Practices are on Tuesday’s-Friday’s from 12:00-12:45pm. **For safety reasons, in order to join the mini moo swim team, a swimmer needs to be able to swim across the diving well and tread water for thirty seconds unassisted.** Mini Moos may join the team or move up to the 8 and under age group at any time during the swim team season with coach consent. Mini Moos work on their strokes and endurance with the goal of swimming in the Hill Farm home swim meet on Saturday, July 8th. In addition to participating in the home swim meet, Mini Moos will participate in a fun practice meet on the last day of practice Friday, July 21st. Participation fee is $40.00 per child, or $80.00 for two or more children. Registration night is Tuesday, May 30th from 6:00-8:00pm. Coaches will be available to conduct swim tests the night of team registration. Please contact Janna if you are unable to make registration night and need to arrange a swim test.

## Pre-Season Swimming/Diving Team Practice:

##  May 31-June 9

9-10’s: 4:00-5:00pm

11 and Ups: 6:30-8:00pm

Dive Team: 5:00-6:30pm



**Swim Team**

Four regular practice sessions:

**7:15 - 8:45am** Ages 11-12, 13-14, and 15-19 (or by invitation of the coach).

 **8:45-10:00am** Ages 9-10

 **12:00 noon - 1:00pm** Ages 8 and under

 **12:00-12:45 Mini Moos (Tuesday-Friday)**

 **4:15-5:30pm** Stroke Clinic (dates TBD)

See coaches if you have questions regarding your child’s appropriate practice time. Practice times may change for individual swimmers at the invitation of coaches.

##

## http://dl.dropbox.com/u/2175683/Noun%20Project/229_diving.png Dive Team

Regular practice sessions:

 \*11:30 -1:00 pm

 \*5:00 – 6:30 pm

 \*6:30-7:00pm Cowabungas (T/W/R)

**\*Please note practice time change for summer 2017**

**Cowabungas**

Cowabungas are a fun way to introduce kids of all ages to competitive diving, learn more dives, and be part of the strong diving tradition at Hill Farm. Practice will be Tuesday, Wednesday, and Thursday evenings from 6:30-7:00pm. **To join the team, divers must have passed the deep water test, be in level 3 or higher swim lessons, and be able to complete a front and back dive.** Cowabungas will work to learn at least four dives with the goal of diving in the final home meet of the season on Friday, July 21st. Participation fee is $40.00 per child or $80.00 for two or more children. Registration night is Tuesday, May 30th from 6:00-8:00pm. Practice begins on Tuesday, June 13th.

Cowabungas are intended for all ages. Come check us out!

**Swim and Dive Team Summer Trips!**

July 11, TuesdayNoah’s Ark Trip for Ages 9 and Up

July 13, Thursday Middleton Water Park for Ages 8 and Under

## Team Suits 2017

**Walters Swim n’ Sun, 1639 Monroe St. (256-7946)** will be the team dealer for all team apparel for this summer. Suits are available now to try on for correct sizing at Walters Swim n’ Sun. Order forms for suits and caps will be available at the store, on the HFSC web site, and will be emailed to HF families.

**Hill Farm Day at Walter’s Swim n’ Sun**: Come to Walter’s on Sunday, May 21st between 11:00-2:00 for a Hill Farm only day at the store! Join fellow Hill Farmers and try on team suits for the perfect fit for fast swimming and high flying diving.

**Walter’s Swim n’ Sun comes to Hill Farm:** If you’re not able to make it to the store, no worries, the store will be coming to us! Walter’s will be bringing size runs to Hill Farm on Wednesday, June 7th from 4:45-6:30pm.

**Team Suit Order Deadlines:** The deadline for personalized swim caps is May 19th. The deadline for swim suit orders is June 8th.

## 2017 Dive and Swim Meet Schedule

|  |  |  |  |
| --- | --- | --- | --- |
| DATE | DIVE MEETS | DATE | SWIM MEETS |
| Friday 6/16 | Home vs. Seminole and Middleton | Sat. 6/17 | Home vs. Ridgewood  |
| Tuesday 6/20 | Hill Farm @ Hawks Landing  | Wednesday 6/21 | Home vs. Goodman |
| Friday 6/23 | Hill Farm @ Maple Bluff | Sat. 6/24 | Hill Farm @ Hawks Landing  |
| Friday 6/30 | Home vs. Westside | Sat. 7/1 | Home vs. High Point |
| Friday 7/7 | Hill Farm @ Goodman | Sat. 7/8 | Home vs. Monona and West Side |
| Friday 7/14 | Hill Farm @ Parkcrest vs. PC and Shorewood | Sat. 7/15 | Hill Farm @ Seminole |
| Friday 7/21 | Home vs. Monona | Sat. 7/22 | Hill Farm @ Middleton |
| Monday/Tuesday July 24-25  | All-City Dive Meet @ Monona | Thurs.-Sat. July 27-29 | All-City Swim @ Maple Bluff |

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

## New Hill Farm Swim Club pool

## 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.

Kevin Mirus is the HFSC representative to the All-City Swim/Dive Team League.

## Hill Farm Home Swim Meets:

HFSC is dependent upon help from ***all parents***. Volunteer sign up will be online, watch the website for more information. 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.

**Swim Team Forms:**

Turn in your forms and fees at the Swim & Dive Team registration night: Tuesday, May 30th from 6-8pm.

* Forms will be available online and the night of registration.
* Activity Fee due ($40.00 per child or $80.00 max. per family with more than one child on swim or dive team)
* Coaches will be available for 8 and unders and Mini Moos that need a swim test**.**

# Swimming and Diving Lessons

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 Polo).

## 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 prior to swim class registration for more information.

## Morning Swim Lessons

Two sessions of four week classes will be held M-F and one “Cow Power” week August 7-11. See page 20 for class times.

REGISTRATION: Saturday, June 3, 10:00 am -12:00 p.m. or thereafter at the office

SESSION 1 Monday, June 12-Friday, July 7

SESSION 2 Monday, July 10 -Friday, August 4

Cow Power Week: Monday, Aug.7 -Friday, August 11

**Late Afternoon/ Evening Swim Lessons**

REGISTRATION: Saturday, June 3, 10:00 am -12:00 p.m. or thereafter at the office

SESSION 1 Tuesday, June 13 -Thursday, July 13

SESSION 2 Tuesday, July18 –Thursday, August 10

* Lesson times are 5:30-6:00pm/6:00-6:30pm/6:30-7:00 on T/W/R
* Class assignments/times will be determined after sign-up is completed. Pool staff will notify parents of class time starting June 9
* Swimmers may not take morning & evening lessons concurrently.
* Please see Janna Casey if you encounter scheduling conflicts.

**\*Please Note: There will be no morning or evening swim/dive lessons on July 27th and 28th due to a large number of our instructors and coaches participating in the All-City Swim Meet.**

## Morning Swim and Dive Lesson Schedule

|  |  |  |  |
| --- | --- | --- | --- |
| **Class** | **Session 1** | **Session 2** | **COW POWER WEEK** |
| Pre-Level 1 | 11:00 am11:30 am | 11:00 am11:30 am |  11:30 am |
| Level 1 - Introduction to Water Skills | 11:00 am11:30 am | 11:00 am11:30 am | 11:00 am |
| Level 2 - Fundamental Water Skills | 11:00 am11:30 am | 11:00 am11:30 am | 11:00 am11:30am |
| Level 3 - Stroke Development | 10:00 am10:30 am11:00 am11:30 am | 10:00 am10:30 am11:00 am11:30 am | 11:00 am 11:30am |
| Level 4 - Stroke Improvement | 9:30 am10:00 am11:00 am11:30 am | 9:30 am10:00 am11:00 am11:30 am | 10:30 am11:00 am |
| Level 5 - Stroke Refinement | 10:00 am10:30 am | 10:00 am10:30 am | 10:00 am10:30 am |
| Level 6 - Fitness Swimmer | 9:30 am10:30 am | 9:30 am10:30 am | 10:00 am |
| Water Polo | 9-9:30am | 9-9:30am | 9-9:30am |
| Youth Water Games |  |  | 9:30-10:00am |
| Competitive Stroke Analysis | 10:00am10:30 am | 10:00am 10:30 am | - |
| Synchronized Swim Class (AKA- Water Ballet)\*Class runs for 2 weeks and then group work begins | 9:00 Adv9:30 Int, Beg10:00 Int, Beg | Group work for show | - |
| Adult Aqua Fitness M-F | 10-11:00 am | 10-11:00 am | 10-11:00 am |
| Adult Aqua Fitness – evening Tu/Th | 7:00-8:00 pm | 7:00-8:00 pm | 7:00-8:00 pm |
| Diving Classes:BeginningBeginningIntermediateAdvanced Evening lessonsDive Team CowabungasDive Team | 10:30 am11:00 am11:00 am11:30am6:30-7:00pm (T/W/R)6:30-7:00pm (T/W/R)11:30-1:00 pm5:00-6:30pm | 10:30 am11:00 am11:00 am11:30am6:30-7:00pm (T/W/R)6:30-7:00pm (T/W/R)11:30-1:00 pm5:00-6:30pm | 11:0011:3010:30 10:30--- |

**Swim Class Descriptions**

### 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

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## Synchronized Swimming

The intent of this class is to teach basic synchronized swim skills. Class members are encouraged to participate in our annual water show. Session 1 is divided into 3 skill levels. During the first two weeks of session 1, groups for the annual water show will be determined. Attendance during session 1 is important so that all interested participants who wish to be in the show are placed in a group. Contact the instructors if you will be absent for part of session 1. In sessions 2 and 3, groups will sign up weekly for group practices with the teachers.

**The 2017 Water Show is scheduled for Tuesday, July 18th**

## Youth Water Polo Class

This class is for youth swimmers who have completed all course levels. 9:00 – 9:30am during morning lessons. Games or practices may be scheduled on Sunday mornings

**Youth Water Games**

This new class is offered during 3rd session lessons from 9:30-10:00am for swimmers Level 4 and above. Swimmers will learn new pool games and play old favorites such as Sharks and Minnows.

## Teacher Assistant

Those interested in a volunteer teaching capacity as aides while improving their own teaching skills working with young swimmers, should contact Janna Casey at the start of each session.

## Competitive Stroke Analysis

This class is intended to help our competitive swimmers further improve their competitive strokes and starts/turns. This class meets at 10:00 and 10:30am sessions 1 and 2. See morning lesson schedule.

## Instructor/Course Evaluation

Forms will be available at the pool office and the Hill Farm Swim Club website.



Hill Farm Swim Club

P.O. Box 5004

Madison, WI 53705

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