

CRESCO FITNESS CENTER & THOMSON POOL 2016 SUMMER SCHEDULE (MAY 24 – AUGUST 19)

316 3rd Ave E, Cresco IA 52136 (563) 547-3443



OPEN SWIMMING

Monday – Thursday 1:00 – 8:00 pm
Friday 1:00 – 7:00 pm
Saturday 10:00 am – 4:00 pm
Sunday 1:00 – 6:00 pm

ADULT / LAP SWIMMING

June 1 - July 8 → Mon/Wed/Fri = 5:00 - 7:00 am
July 11 and after → Mon/Wed/Fri = 5:00 - 8:00 am

Facility Closed: Friday thru Sunday, June 24 – 26th for cleaning
Facility Closed: Sunday & Monday, July 3 & 4th
Pool Closing: June 16, 21, 30 and July 5 @ 4:00 pm for swim meets
Schedule Changes: Monday, May 30 (Memorial Day) & Monday, September 5 (Labor Day)
Open 1:00 pm – 6:00 pm

DAILY ADMISSION: \$6 Adult, \$5 Student, & \$2 Preschoolers

Punch passes, as well as three month, six month & yearly ticket information available at the front desk

SWIM TEAM

\$30.00 each member, \$60.00 each non-member

Due Friday, May 27th Must fill out and sign release (\$5.00 late fee after due date)

We encourage new members to come and participate!!!

Pre-Season Practices: March 7 & 21, April 4 & 18, May 2 & 16

Monday's 7:00 p.m. – 8:00 p.m. **ALL Ages**

March 12, & 26, April 18 & 23, May 7, 14, 21 (No practice Memorial Weekend)

Saturday's 9:00 a.m. – 10:00 a.m. **ALL Ages**

Season Practices: May 31st- June 4th Stroke Clinic- Learn and Improve your Stroke! **Every Day**

8:00 a.m. – 9:00 a.m. Ages 11 and older (know all the strokes)

9:00 a.m. – 10:00 a.m. Ages 10 and younger (need to learn)

Saturday 9:00 a.m. – 10:00 a.m. **ALL Ages**

June 6th – July 8th **Monday, Wednesday, Friday** (No practices July 4)

8:00 a.m. – 9:00 a.m. Ages 11 and older (know all the strokes)

9:00 a.m. – 10:00 a.m. Ages 10 and younger (need to learn)

9:00 a.m. – 10:00 a.m. Dryland Practice (11 and older) *Bring Tennis Shoes!!*

June 11th-July 2nd **Saturday's** 9:00 a.m. – 10:00 a.m. **ALL Ages**

July 6-8th Conference participants only: times to be announced

Meet Schedule: All dual meets start @ 5:00 p.m. Warm-ups begin ½ hour before.

Tuesday, June 7	Away @ Sumner-----bus leaves @ 3:00
Thursday, June 9	Away @ Calmar-----bus leaves @ 3:30
Tuesday, June 14	Away @ Elkader/St. Point-----bus leaves @ 2:00
Thursday, June 16	Home w/ Decorah
Tuesday, June 21	Home w/ West Union
Tuesday, June 28	Away @ Waukon-----bus leaves @ 3:00
Thursday, June 30	Home w/ Manchester
Tuesday, July 5	Home w/ Monona

Saturday, July 9 Conference Swim-Off at Waukon 10:00 a.m.

LESSON SIGN-UPS AT THE CRESCO FITNESS CENTER

You may sign-up until the first day of classes if openings are available

A late fee of \$5.00 will apply for those sign ups one week prior to start of class

No refunds, must pay at the time of sign-up, may bring lesson cards to confirm level

PUBLIC SWIMMING LESSONS \$25.00 each member, \$50.00 each non-member

Lessons are 40-50 minutes & must have six students per class

Level 1 students should be 5 years old, able to jump in from the side, hold their breath, and float.

Little Swimmers are 4 and 5 year olds who must be able to stay in class with the instructor and allow water to splash on their face.

MAY 31 – JUNE 3 **(Tuesday – Friday)** Levels 5 & 6 10:00am – 11:30am

MAY 31 – JUNE 3 **(Tuesday – Friday)** Level 4 11:30am – 1:00pm

JUNE 13 – 23 **(2 weeks Monday – Thursday)**

10:00 am Reserved for Crestwood/Kessel Kids Program

11:00 am LS (preschool) Levels 1 2 3

12:00noon LS (preschool) Levels 1 2 3

JULY 11 – 21 **(2 weeks Monday – Thursday)**

10:00 am LS (preschool) Levels 1 2 3

11:00 am LS (preschool) Levels 1 2 3

12:00noon LS (preschool) Levels 1 2 3

TINY TOTS LESSONS \$15.00 each member, \$30.00 each non-member

JULY 11 - 15 @ 5:15 or 6:00pm A parent or an adult must be with the student (1 – 4 years old) in the water. Lessons are 20-40 minutes long, depending on ability of the child.

PRIVATE SWIMMING LESSONS \$50.00 each member, \$100.00 each non-member

Four 35 minute lessons **note – Red Cross prefers Level 5-6 to be completed in a group lesson*

MORNINGS:

11:40 or 12:20

JUNE 6 - 9

10:00, 10:40 or 11:20

JUNE 27 – 30

AUGUST 8 – 11

AUGUST 15 - 18

EVENINGS: @ 4:40, 5:20, 6:00, 6:40 or 7:20

MAY 2 - 5

MAY 9 – 12

MAY 30 – JUNE 2 (includes Memorial Day)

AUGUST 8 - 11

AUGUST 15 - 18



www.cityofcresco.com

Last name(s) of children: _____

POOL REGISTRATION GUIDELINES:

1. Must pay at the time of sign-up, may bring lesson cards
2. Write in the name and level of participants on any line, then circle dates and time enrolled
3. Figure a total fee based on each activity
4. Fill out and sign the release form on back for all children in swim programs
5. *The release form on the back is not needed if your child filled out the Park & Rec. release form*
6. Cash, credit/debit card or **check payable to: Cresco Fitness Center** (may be combined with Recreation)
7. The registration/release form and payment must be turned in to reserve a lesson spot

Are you a Cresco Fitness Center ticket holder (member)? _____ Yes _____ No

To be filled out at the Cresco Fitness Center

First Name	Level	First Name	Level
_____	_____	_____	_____
_____	_____	_____	_____

PUBLIC LESSONS \$25.00 each, \$50.00 non-member _____

Little Swimmers, Level 1, Level 2, & Level 3

JUNE 13 – 23 10:00am KK-CW 11:00am 12:00noon

JULY 11 - 21 10:00am 11:00am 12:00noon

MAY 31 – JUNE 3 Levels 5 & 6 Level 4
 10:00am – 11:30am 11:30am – 1:00pm

PRIVATE LESSONS \$50.00 each, \$100.00 non-member _____

Mornings: 11:40 or 12:20 JUNE 6 – JUNE 9,
 10:00, 10:40 or 12:20 JUNE 27-30, AUGUST 8 - 11, AUGUST 15 –18

Evenings: 4:40 5:20 6:00 6:40 7:20

MAY 2 – 5 MAY 9 – 12 MAY 30- JUNE 2 (includes Memorial Day)
 AUGUST 8 - 11 AUGUST 15 - 18

Swim Team \$30.00 M, \$60.00 NM – Deadline May 27th

Tiny Tots \$15.00 M, \$30.00 NM July 11 – 15 @ 5:15pm

July 11 - 15 @ 6:00pm

REGISTRATION DEADLINE IS 7 DAYS BEFORE PUBLIC OR PRIVATE LESSON BEGINS OR SWIM TEAM DEADLINE. A LATE FEE OF \$5.00 WILL BE ASSESSED FOR EACH LESSON AFTER DEADLINE. NO EXCEPTIONS!

←—————→ Late Fee _____

_____ OTHER _____

TOTAL _____

PERMISSION, RELEASE & EMERGENCY TREATMENT FORM

As a parent and/or guardian of the minor child(ren) listed below, I hereby grant permission for my child to participate in any activity sponsored by the Cresco Fitness Center or the Cresco Park & Recreation.

By granting permission I hereby acknowledge that the risk of injury, which could lead to permanent disability, or even death, is inherent in any athletic activity. Furthermore, I understand that the possibility of a catastrophic injury does exist even though proper rules and techniques of any athletic activity are followed to the fullest.

I hereby assume such risks of injury on behalf of my child(ren) and myself and will not hold the Cresco Fitness Center, Cresco Park & Recreation, its coaches, employees, or volunteers responsible for accidents taking place during practice, games, or activities sponsored by the Cresco Fitness Center or the Cresco Park & Recreation.

I hereby authorize treatment by a qualified and licensed medical doctor in the event of a medical emergency which, in the opinion of the attending physician, may endanger his/her life, cause disfigurement, physical impairment, or undue discomfort if delayed. This authority is granted only after a reasonable effort has been made to reach me. Furthermore, I accept all financial responsibilities for necessary treatment and services.

By enrolling/registering my child in a Cresco Fitness Center or Cresco Park & Recreation program, I am consenting to the use or reproduction of my child's likeness, name, artwork, design or creation on any promotional materials, schedules, rosters or other printed or electronic media, including dissemination by electronic means.

I have filled out a release for these children on this year's Park & Recreation form (need not fill out below).

	First	Last	Age	Birth date	Male	Female
Child 1	_____	_____	_____	_____	_____	_____
Child 2	_____	_____	_____	_____	_____	_____
Child 3	_____	_____	_____	_____	_____	_____
Child 4	_____	_____	_____	_____	_____	_____

Name of Parents/Guardians _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ E-mail address _____

Business Phone (Mother) _____ Business Phone (Father) _____

Cell Phone (Mother) _____ Cell Phone (Father) _____

Family Physician _____ Phone _____

Please list other persons or cell phone number to be called for emergencies if above are unavailable:

Name _____ Cell / Phone _____

Name _____ Cell / Phone _____

Please list each child's medical allergies, chronic illness or other medical conditions the staff should know:

Signature _____ Signature _____ Date _____

This form is valid for one year after sign date.

Both parents sign if possible.