

# MASA

## PROGRAMS AND POLICIES

### Mission Statement:

“To provide the community with a pleasant and safe water environment for fitness, education and recreation.”



[www.masaswim.org](http://www.masaswim.org)

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## Section I

# WELCOME TO MASA!!!

On behalf of the staff of the Raymond and Marie Goldbach Swim Center, I would like to welcome you to MASA, Inc. Education and fitness are an important part of life, and at MASA we strive to offer these opportunities for you. We hope your membership here will be fulfilling and enjoyable. Take your time to become familiar with our establishment and don't hesitate to ask questions. Our staff is here to assist you, or if you need to speak with the Facility Director, feel free to call.

We look to you, our members, to help us continually make our programs here bigger and better. So please share your ideas and suggestions with our staff. Keep us informed on how we can serve you best.

You've made a fun and healthy choice in becoming a part of MASA.

Congratulations!

### MASA HISTORY

The Marathon Area Swim Association, Inc. has been established because of a dream of Ray and Marie Goldbach for the youth of the area.

To quote from the "Welcome" letter by Ray and Marie Goldbach for the October 2, 1988, Grand Opening . . .

" . . . our desire to give a gift to the children and adults of the Marathon area. A gift that will provide positive growth experiences for both children and adults in learning to swim and develop water safety skills. The facility will be made available to school physical education classes in the Athens, Edgar, and Marathon school districts at no cost in order to fulfill this commitment."

"The Swim Center was imagined, designed, and constructed as an enclosed environment to be used throughout the year for training and enjoyment. Everyone involved in this undertaking has shown a great amount of pride and quality in their endeavors to make this facility an outstanding addition to our fine community."

"The Marathon Area Swim Association has been established to design programs and services at the Swim Center for all age groups in our area. We invite you to become Swim Association members in order to gain the greatest benefit from this facility. Once again, welcome and enjoy the fun and fitness!"

Sincerely,  
Raymond and Marie Goldbach

Groundbreaking was held on October 13, 1987, and Grand Opening Day was celebrated on October 2, 1988, making it 355 days from start to finish. The building has 10,122 square feet. The pool itself holds 119,000 gallons of water. There are two locker rooms with about 50 lockers in each. Landscaping was completed in the summer of 1989.

For a brief history of changes to MASA over the years please visit our website [www.masaswim.org](http://www.masaswim.org) and click on the "About Us" page.

MARATHON AREA SWIM ASSOCIATION, INC.  
STATEMENT OF MISSION AND VALUES

In an organization, each segment must reflect and be supportive of the basic goals of the organization. The Marathon Area Swim Association, Inc., (herein MASA, Inc.) is a nonprofit organization set up by the Raymond and Marie Goldbach Foundation which generously subsidizes a large portion of MASA's operating expenses.

To quote from the articles of incorporation - Article III - Purposes, states . . .

"The corporation shall act as a benevolent association, and is organized and shall be operated exclusively for charitable and educational purposes and limited to the exclusive purposes permitted for tax exempt status under Section 501(c)(3) of the Internal Revenue Code of 1986 and corresponding sections of applicable successor revenue acts. Without limitation, the purposes of the corporation shall include: (1) the construction and operation of a community swimming and recreational facility for the benefit and enjoyment of residents of central Wisconsin; (2) the enhancement of the physical and social welfare of residents of central Wisconsin by providing recreational and physical education opportunities; (3) instruction in swimming skills and water safety; and (4) the enhancement of the public good by providing a community swimming and recreational facility and eliminating the need for government to incur the burden of providing such a facility. No part of the net earnings of the corporation shall inure to the benefit of any private shareholder, member or individual and no substantial part of the activities of the corporation shall consist of carrying on propaganda, or otherwise attempting, to influence legislation and the corporation shall not participate or intervene in (including the publishing or distributing of statements) any political campaign on behalf of (or in opposition to) any candidate for public office."

Therefore, the programs, activities and services we offer are designed to help members and others achieve the following:

- develop self-confidence and self-respect and an appreciation of their own worth as individuals
- grow as responsible members of their families, classroom and citizens of their communities
- appreciate that health of mind and body is a sacred gift and that physical fitness and mental well-being are conditions to be achieved and maintained
- recognize the worth of all persons and to work for interracial and intergroup understanding

SPECIAL NOTE: It is also the desire of the Goldbach Foundation that swim lessons for school-aged children in Marathon, Edgar and Athens are offered free through school or summer school programs.

### ANNUAL MASA MEMBERSHIP MEETING

MASA, Inc., has a meeting for all members each year in January. The purpose is to meet with the Board of Directors to review the past year and give members a chance to express concerns and share ideas for the Swim Center. Anyone interested in a position on the Board should speak with either a current Board member or the Facility Director. The date, time and location of this meeting will be announced in the e-newsletter, posted on Facebook and posted at the pool.

### MASA BOARD OF DIRECTORS

As a member or program participant, if you have any concerns and would like a Board Member to contact you, please call MASA at 715-443-3772 and make a request with a number you can be reached at.

MARATHON AREA SWIM ASSOCIATION, INC.  
BOARD OF DIRECTORS 2019

	A = Appointed E = Elected	<u>Position/Committee</u>
1.	Mark Ahrens (A)	President/Executive-chair, Facility
2.	Dee Bohn (E)	Secretary/Executive & Programs
3.	Russell Butalla (A)	Facility-Chair
4.	Patricia Donlin (E)	Programs
5.	Kelly Dreger (A)	Programs
6.	Jeff Fritz (E)	Programs-Chair
7.	Krystle Gertschen (A)	Treasurer/Finance-Chair & Executive
8.	David Keefe (A)	Finance
9.	Carrie Krautkramer (E)	Vice-President/Executive & Finance
10.	Tracy Paul (A)	Programs
11.	Patty Riske (E)	Programs
12.	Paul Seiser (E)	Finance
13.	Tom Schaer (A)	Facility
	Jennifer Passehl	Facility Director 715-443-3772 <a href="mailto:jpassehl@masaswim.org">jpassehl@masaswim.org</a>

## Section II

# MASA MEMBERSHIP AND PASS FEE OPTIONS

### REGULAR MEMBERSHIPS - FAMILY, ADULT OR YOUTH

- Unlimited use includes open swim, lessons for children and adults and adult fitness classes.
- Also includes discounts for special classes, swim team eligibility and member discount passes for your guests.

## 2019 Membership Prices

Family Membership paid in full - \$344.00  
Family Membership paid in quarters - \$372.00  
Quarterly Payment - \$93.00

Adult Membership paid in full - \$264.00  
Adult Membership paid in quarters - \$288.00  
Quarterly Payment - \$72.00

Youth Membership paid in full - \$171.00  
Youth Membership paid in quarters - \$184.00  
Quarterly Payment - \$46.00

**NOTE:** The membership fees shown here are made possible by the generous funding received by the Goldbach Foundation. Any contributions received above the stated membership fee are tax deductible. Please contact us or visit our website if you are interested in making a donation to our program.

### MEMBERSHIP PAYMENT OPTIONS AND POLICIES

- **Yearly memberships are non-refundable, non-transferable and all four payments need to be made under the contract option selected.**
- Membership prices are set by our Board of Directors.
- MASA uses a year round pricing policy. **Your membership will be good for one year from the day that you take it out.**
- We give you the option of paying in full or paying your full year membership in quarterly payments.
- When paying in full you may use cash, check or credit card (online or in house) at the established yearly rate.

- When selecting a quarterly payment plan, you may pay in person via cash, check, or credit card. You can choose to initiate payments yourself each time and have the balance placed on your account, or be placed into an auto pay credit card contract for the year.
- You also have the option of using Auto Pay via a credit card through our Mindbody website for the quarterly payment plan.
- Payments will be due on the day that you took out your membership, every three months, to equal four payments.
- Whichever option you choose, you will get an email reminder when your payment is due or when it will be deducted automatically. You will also get an email when your membership is about to expire.
- You will need an email address to take out your membership online, but if you are a customer that does not use email and you are paying in person we will remind you in person, by phone or by mail.
- The Board has decided on an additional fee for those that choose to pay using a quarterly installment plan. It is the equivalent of paying for 13 months for a 12 month membership and the cost of this is built right into the amounts of your quarterly payments. This will be true no matter how you choose to pay. Please see the prices above.
- Those that are over 65 and have an established lock in rate will not pay the extra month if choosing a payment plan.
- Members who choose not to use auto pay, and do not pay as established in their contract, and have a lapse of payment for 30 days or more, will be required to pay in full the remainder of their membership balance or be put into an auto pay by credit card agreement.
- Any chargebacks, processing fees, and/or returned check fees due to lack of sufficient funds from a credit card or check payment will be charged back to the member unless the error is shown to be the fault of MASA.
- Membership not paid under the contract terms will be suspended during the *current membership term* until payment is resolved. This means that the member(s) will not be able to register for lessons or use the pool.
- If *at the end of the membership term*, the member remains delinquent and wishes to establish another membership, the old (delinquent) membership must first be paid in full and the *new membership must be paid in full for the next five years*.
- For credit card payments, MASA transactions will appear as "MARATHON/AREA SWIM ASSO MARATHON WI US" on your credit card statement.

## PRIVACY POLICY

MASA uses your email address solely for purpose of distributing our email newsletter and/or for MASA business. MASA will not give, sell, or otherwise transfer email addresses to any other party for the purposes of initiating or enabling others to initiate electronic mail messages.

## MEMBERSHIP POLICIES

- In order to be eligible for a youth membership, children must be eight years old or have passed level 3.
- Young adults are eligible for a youth membership (or they may continue on their parents membership) until they are 18 years old or for as long as they are a full time college student.
- Family memberships are for an immediate family (parents and their children). You must be a legal guardian for any other children that you would like to include on your membership. Adults must be legally married in order to include two adults on a family membership.

## DISCOUNTS

- If you are over the age of 65, you can lock in your membership rate so that your rate will never increase as long as you continue to be a MASA member.
- If you have just turned 65 or did not lock in in a previous year you can lock in at the rate for the new year.
- For family memberships, only one person has to be 65 to be eligible for this discount.
- Employees get a free individual MASA membership. Those that work more than twenty hours a week get a free family membership. Some restrictions apply. Employees also get a discount at the Marathon Cheese Store.
- If you have a senior discount, or employee discount, please sign up for your membership in person rather than paying online. If you sign up online we can give you the discount as a credit to your account, but we cannot apply it to a payment that you have already made.
- Referral discounts - Members get \$20 for each new member that takes out a membership at MASA and gives us your name. This discount will be applied as a credit to your account at the time that the referral is received. The resulting account credit will automatically be applied whenever you purchase something at MASA.
- Incentive discounts will be applied as a credit to your account at the end of each incentive period. These credits will also be automatically used for your purchases.
- Early Renewal discount - \$10 will be applied as a credit to your account if you renew before your expiration date.
- Referral, early renewal and incentive discount credits will expire after one year.



### MASA EIGHT VISIT SERIES (Previously called Punch Cards)

- This series is for fitness activities such as organized fitness classes, lap swim or working out in the pool on your own (not for open swim).
- You get eight visits that expire after one year.
- When you purchase this our Mindbody system will remember how many visits you have. But, if you like having the card to remind yourself how many visits you have left we can give you one when you come for your first visit. Just ask the desk staff if you would like a card.
- \$50.00

### REHAB MEMBERSHIP

- This membership is designed for those recovering from an injury, surgical procedure or with a medical condition.
- You will need a note or prescription from your doctor or chiropractor to be eligible for this membership. You may have them fax this to us or you can bring it in the first time you come to the pool.
- Our fax number is 715-443-3773.
- You can come during open swim or attend any of our fitness programs.
- The rehab membership is good for three months.
- \$77.00

### NON-MEMBER DAY PASSES

Adult	\$7.00
Youth/Student	\$4.00

Unlimited Renewal (Non-transferable)

Students who are in high school or are full time college students are considered "youth". Those who are not students are considered "youth" until the age of 18.

### MEMBER DISCOUNT PASSES

Members are able to purchase a daily pass card for family or friends at a discounted rate (five visits for the price of four). These cards are essentially a gift certificate and will have a number associated with them that you will need to redeem your daily visits at the pool.

Adult Pass - \$28

Youth - \$16

### RETREAT DAILY PASS

Must show proof of current attendance of a retreat at St. Anthony Spirituality Center in Marathon, WI.

COST: \$5.00/day (Non-transferable and not available online)

## YOUTH GROUPS

Time slots are available for youth groups from September 1 through May 31 on Sundays from 3:00-4:00 p.m. Swimming for youth groups is free of charge during these times. Other times can be arranged for a fee of \$50/hour. A reservation form needs to be completed prior to the event. Please call 715-443-3772 or stop by the Service Desk to reserve a time.

## BIG BROTHERS/BIG SISTERS

- Any person with a MASA membership who is involved in the Big Brothers/Big Sisters program may, by showing an identification card that identifies them as such, bring in their Little Brother or Little Sister during Open/Lap Swim free of charge.
- Reminder: The sponsoring individual must have a MASA membership in order to qualify for this.

## ADDRESS AND FAMILY MEMBER CHANGES/UPDATES:

- Your contact information is stored within your profile in Mindbody.
- Each person in your family has their own profile and they are connected with "relationships" in Mindbody which allow you to view your family members profiles, pay for each other and share memberships and pricing options.
- Please review this information when you log into Mindbody for the first time and each year when you renew your membership (or any time you have a change in contact information).
- If you are not a computer user we can update your information for you.
- Within your profile you have the option to set your preferences regarding what type of correspondence you would like to receive from us; business correspondence, reminders and schedule changes and our email newsletter. You can also receive text messages if you opt into those.
- For privacy reasons you must opt in yourself to receive our e-newsletter (in your profile). We can sign you up for that if you specifically request it.
- You may unsubscribe from the newsletter at any time but to receive it again you will have to sign up yourself as we are unable to subscribe someone that has opted out.
- We occasionally use photos on our website, Facebook or in promotional materials. If you do not wish your photo or those of your children to be used please indicate this in the "notes" section of your profile.
- We carry your preferences forward from year to year unless you specifically change them.

## Section III

# OPERATIONS POLICIES

### SWIM CENTER HOURS

These are general hours and are subject to change. Please consult our website (masaswim.org) or call MASA at 715-443-3772 for current schedules.

### FALL - WINTER - SPRING HOURS

Monday - Friday: 5:45 a.m. - 7:30 p.m. (lap swim only 5:45 - 7:30 a.m.)  
Saturday: 7:00 - 10:00 a.m.; 1:00 - 7:30 p.m. (lap swim only 7:00-8:00 a.m.)  
Saturdays with lessons: 7:00 - 9:00 a.m. (for Lap Swim or Water Fitness)  
Sunday: 1:00 - 7:30 p.m.

### SUMMER HOURS

Monday - Friday: 5:45 a.m. - 8:00 p.m. (lap swim only 5:45 - 7:30 a.m.)  
Saturday: 7:00 - 10:00 a.m.; 1:00 - 8:00 p.m. (lap swim only 7:00-8:00 a.m.)  
Sunday: 1:00 - 8:00 p.m.

The Swim Center locker rooms close one-half hour after program hour's end. Please do not abuse this.

### WINTER SNOW AND ICE STORMS

If Marathon schools are closed due to weather conditions, all programming, including classes and lessons, at the Swim Center will also be cancelled. We will, however, be open for the day for Open/Lap Swim. We do not close for school closings that are not weather related.

**If you would like to receive text messages informing you of swim lesson cancellations text @74bgf3 to 940-228-3988.**

### TORNADOS, HIGH WINDS OR ELECTRICAL STORMS

In case of sudden and severe weather conditions, the Department of Emergency Government has suggested all occupants of the Swim Center be moved to the basement of the building. If you happen to be in our building at that time, REMAIN CALM and wait for the STAFF TO DIRECT YOU TO SAFETY. A sign will be posted in the lobby, informing entering individuals that we are under a severe weather emergency and to proceed through the locker rooms to the pool area and basement.

## SIGN-IN

You are required to sign-in at the Service Desk before you enter the locker room with every visit. Please give us the name of each person who is swimming.

## VALUABLES, LOST AND FOUND

Please check your valuables in at the Service Desk OR bring a lock for a locker to use while you are here. MASA is not responsible for lost or stolen items. Locks must be removed each day. All Lost and Found articles are kept in bins in the lobby and can be claimed there. All remaining articles will be given to charity at various times throughout the year.

## ACCIDENTS

MASA carries liability insurance, but no coverage for accidents in which the Association is not responsible. The members' or guests' personal health and accident insurance should be used. All accidents should be recorded on an Incident Report Form located at the Service Desk and reported to staff personnel.

## BEHAVIOR

If you have children who use our facility independently, make sure they are aware of appropriate behavior and that they demonstrate it at all times in our facility. You are responsible for your children.

## SMOKING, DRUGS, ALCOHOL AND FIREARMS

In the interest of our patrons' health, the MASA Board of Directors has designated the Swim Center a non-smoking facility. Drugs, Alcohol and Firearms are not allowed on MASA's property at any time. Persons caught abusing this provision will have their membership privileges suspended or revoked.

## BUILDING AND PROPERTY

We ask the cooperation of everyone in helping us to maintain the appearance of the building and grounds. If you use our greenspace please pick up your litter and pet waste. Persons caught vandalizing or abusing this property will have membership privileges suspended as well as any of the following where appropriate: parents contacted, fine or police contacted.

## SIDEWALKS, BICYCLES AND SKATEBOARDS

We ask for your cooperation in using the sidewalks while visiting MASA. Bicycles must be parked in the bike rack. Skateboarding is not allowed on MASA sidewalks.

## CHILD AGE RESTRICTIONS AND POLICIES

- Children seven years and under may not swim alone at the Swim Center unless they have successfully completed the ARC LEVEL 3 course. If they are 7 and under and have not completed ARC LEVEL 3, they must be accompanied by a responsible party of not less than twelve years old. They will not be allowed to swim if dropped off alone.
- Children during adult activities - Do not bring children into the pool area during adult activities. If you must bring them to the facility, they are welcome to read or play in the lobby or sit on the pool deck quietly. The lifeguard on duty is there to watch and give emergency assistance to the class participants - not to function as a babysitter or have their attention divided by small pool activity.
- Children and lap swim - Children who lap swim during designated "lap swim" times must swim lengths of the pool. Non-swimmers will not be allowed to float on kickboards or rest on the lane lines.
- When the pool is busy, children will be asked to either swim in a lane with parents or swim together in one lane. Adults have priority during lap swim times.

## LOCKER ROOM POLICY

- NO FOOD, DRINK, CELL PHONES OR CAMERAS are allowed in locker rooms.
- Each time you use the facility, you may bring a lock for use on a locker to secure your clothes and valuables. MASA is not responsible for lost or stolen articles.
- For safekeeping, valuables may be checked in at the Service Desk.
- Locks must be removed before leaving the facility as lockers are for daily use only. Locks will be clipped off if left on.
- Parents with children five or six years old are asked that if the child is an independent dresser, please have them use the appropriate locker room for their gender.
- Children under age five or six who need assistance in the locker rooms will use the locker room of the responsible party. Please use discretion. Privacy stalls in the locker rooms are appropriate in this case.
- If you have children who use our facility independently, they need to be aware of appropriate behavior. Poor behavior in the locker rooms will not be tolerated. The first time a child is caught doing something inappropriate (hitting, picking on children, playing with soap, etc.), they will receive a warning and the parents will be informed. The second time, they will be removed from lessons.
- Appropriate behavior is expected and appreciated by all.
- Lockers are the property of MASA and if there is probable cause for them to be searched, two of MASA's Staff, with Director's Permission will be allowed to search the locker rooms or lockers.

## SWIMMING POOL RULES

*For your protection please follow these rules!*

- All apparel worn in the pool shall be clean. Swim suits are recommended. Other clothing may be permitted due to religious beliefs.
- Take a soap shower before entering the pool (must be wet from head to toe).
- No street shoes allowed on pool deck or other wet areas such as the shower room.
- Fitness shoes are permitted as long as they are clean and have not been worn outside.
- No toys brought from home will be allowed. Lifejackets and mask, fin, and snorkels are OK, but you must show the guard on duty that you can use them properly, and that they are clean. If the pool is extremely busy, you may be asked to remove the mask and snorkel.
- No water wings are permitted.
- No running or pushing.
- No boisterous or rough play.
- No chicken fights or shoulder rides.
- Food, drink, and gum will be allowed only in the lobby area.
- Glass, soap, lotion, or other materials which create hazardous conditions or interfere with efficient operation of the swimming pool shall not be permitted in the pool area.
- Spitting, spouting of water, blowing the nose, or introducing other contaminants into the pool is not permitted.
- Persons with open sores or rashes are not permitted in the pool without authorization of the supervisor in charge who will check on physician's orders. No bandages or band aids are allowed in the pool.
- Kickboards may be used only during lap swimming or lessons.
- No throwing of any objects such as coins, toys, or bricks in the pool.
- Diving rings and torpedoes may be used with caution.
- Limited use of balls is allowed, however, the lifeguard may remove them if there are too many people or if there is abuse.
- No hanging on the lane lines.
- Non-swimmers are asked to stay in shallow area. Guards may ask swimmers to perform a "water competency sequence test" to decide if one is safe to swim in deep water and use the diving board.
- Diving in shallow water is not permitted.
- Please exercise caution in the use of the diving board:
  - Water is nine feet deep under the board.
  - Concentrate when on the board.
  - Plan your dive.
  - One person on the board at a time.
  - No one under three years old may use the board without supervision.
  - Go straight off the front of the board.
  - Only one bounce on the board.
  - Don't hang from the board.
  - No horseplay on or around the board.

- Whether diving from the board or the wall the following applies:
  - No fancy or competitive dives or dives with a straight vertical entry.
  - No cannon balls or splash dives.
  - No flips or somersaults.
  - Do not jump backwards or perform back dives.
  - Water must be free of swimmers or objects before diving.
  - Do not run and dive.
  - Keep arms extended over your head during the dive and follow-through.
  - Steer up with arms and head after entry.
  - Don't dive across pool corners.
  
- The Preschool "L" Pool is for non-swimming children seven years and under accompanied by a parent (or guardian age twelve or older).
  - Absolutely no diving in this instructional pool.
  - Our lifeguards watch the pool, however, the parent or guardian is responsible for the safety and conduct of their child.
  - No boisterous or rough play and all other pool rules should be enforced.
  - No paper diapers allowed.
  - Babies must wear apparel with tight-fitting legs and waistbands. Little Swimmers are recommended and available at the front desk for \$1.00.
  - Diaper changing on the pool deck is prohibited. This must be done in the locker rooms only.
  
- For safety reasons, please inform lifeguards and instructors of medical problems such as diabetes, heart problems, epilepsy, or any other physical or emotional problems. Please check with your physician for medical clearance before swimming.
- Whenever additional rules or regulations are deemed advisable for the protection of the health and safety of the patrons, the management shall put into effect such rules, either printed or verbal.
- For the safety and enjoyment of all members and guests, the staff will use their discretion on disciplinary action needed to enforce all rules.
- The lifeguard's word is final. If at any time you feel the staff has been unfair or unclear in their dealing with your particular situation, please contact the Facility Director at 715-443-3772.

## Section IV

# AQUATIC PROGRAMS

### LAP SWIM

- Swim for your health! Lap swimming is a refreshing way to stay physically fit. 72 lengths of the pool equal one mile.
- Lap swimming slips are available to members. MASA staff will keep track of your mileage and post an updated copy in the pool area on a weekly basis.
- This service is available to youth and adults.
- Those that become inactive are removed from the printed list but their previously swam miles are maintained should they become active again.
- Laps that we track are for swimming in the MASA pool only.
- LAP SWIM ETIQUETTE - Most of the time you will have your own lane but occasionally we have more swimmers than we have lanes. Please share the lanes. Simply speak with the person who is waiting and decide if it would be better to swim side by side or in a circle.

### OPEN/LAP SWIM

- A time for youth, adults and families to leisurely have fun in the water.
- There are two lanes set aside for those who wish to swim laps uninterrupted.
- Available daily during unscheduled time slots. Check the current schedule as times will vary according to our other programming.

### POOL PARTIES, SPECIAL OPEN SWIM NIGHTS AND CLINICS

- MASA offers party packages for birthdays and other events. Visit our website at <http://www.masaswim.org/parties.html> to learn more.
- Noodle Night is held on Thursdays from 3:00 - 6:30 p.m. During this time we bring out our pool noodles for added fun. There is no noodle night during Manta Ray swim season. Please check our schedules.
- Fun Night is held on Fridays from 5:30 - 7:30 p.m. During this time we bring out the large foam rafts that are also used for our parties.
- MASA will offer a variety of special clinics ranging in subjects from competitive swimming to mask, fin, and snorkel and scuba. There may be a fee charged to cover cost of instructors or materials. Want a special clinic? Just ask - It may be a GREAT IDEA!!

### WATER FITNESS PROGRAMS

- Get a vigorous workout with the added resistance of water.
- Improve your muscle tone, flexibility and cardio-respiratory performance.
- No special skills are required.
- Swimmers and non-swimmers are welcome.



## WATER EXERCISE

An exercise program for men and women combining the elements of movement, music, and water to improve muscular strength, endurance, and flexibility, as well as cardiovascular performance. This program is especially beneficial for those who have not been physically active, those who suffer from arthritis, back discomforts, and/or other physical limitations. No swimming skills are necessary. A continuous program held Monday thru Friday from 7:30 - 8:15 a.m..

## EVENING FITNESS CLASSES

The following classes are held Tuesday and Thursday evenings from 6:30 - 7:15 p.m. and Saturdays from 8:00-9:00 a.m. (Labor Day to Memorial Day). Our instructors use both of these class types and also throw in some other elements, such as aerobics and strength training.

### WATER ZUMBA

Just Add Water and Shake...Splash your way into shape with an invigorating low impact aquatic exercise. Known as the Zumba "pool party", the Aqua Zumba program gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba blends it all together into a workout that's cardio-conditioning, body-toning, and most of all exhilarating beyond belief.

### WATER IN MOTION

Water in Motion will change the way you look at aqua exercise! This workout provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels. The choreography and music is refreshed every three months, so jump in and make a splash with this dynamic cardiovascular workout that tightens and tones the entire body. It's more than just another aqua class, it's a pure fun 45 minute water extravaganza! Water in Motion offers the benefit of a high energy calorie burning workout without the pull that gravity plays on the body. Experience the cross-training effects that water provides, reducing the impact on your joints, specifically the knees and back.

## INCENTIVE PROGRAMS

MASA likes to offer incentive programs to keep members motivated. Please inquire with the Staff to see what is currently available for members. We currently offer a small discount for participation in our incentive program that runs for twelve weeks twice a year. You set a goal for 30 to 80 workouts during this time frame and then we report weekly on how people that have signed up are doing.

## MANTA RAY SWIM TEAM

The Manta Rays are an independent swim club for children ages six to 18. Younger children may swim if they are able to swim at least a full length of the pool. There is a winter and a summer season each year and the team practices three evenings a week with meets on Saturdays.

## VINTAGE SWIMMING

This is a structured swim program for swimmers over the age of 18. Coaching is available upon request and workouts are posted. This is a member driven program. Here is our Mission: *"Driven to swim the distance with ease and efficiency at a competitive level"*

## PRIVATE SWIM LESSONS

Inquire with Facility Director regarding availability of instructor. A fee of \$15/lesson is charged. Length of lesson is usually 30 - 45 minutes, depending on the age of the swimmer.

## SWIM LESSONS AT MASA

MASA Members:	Free
Non-Members Adult:	\$30.00 per person per session.
Non-Members Youth:	\$63.00 per child per session

MASA members have first priority for swim lesson registration. MASA members register one week before non-members. Watch our e-newsletter and our website ([www.masaswim.org](http://www.masaswim.org)) for registration dates and lesson dates.

## ADULT SWIM TIME

- Adult swim time is recreational and instructional.
- Adult swim time is set up to be as non-threatening and supportive as possible.
- Instructors are on hand to help those who would like help.
- These classes are held once a week for six weeks.
- All classes deal with swimmers of all abilities, as well as non-swimmers.
- We offer a morning and evening class, the days and times may be flexible to meet a consensus of those who are interested.

## PRESCHOOL CLASS DISCRIPTIONS

For children six months thru five years old. Once a week for eight weeks. Summer daytime lessons are every week day for two weeks.

## WATER BABIES AND TINY TOTS

Six months to three years old with parent - Introduce basic skills; including safety topics, to parents and children.

- Learn to ask for permission before entering the water.
- Establish expectation for adult supervision.
- Enter and exit the water in a safe manner.
- Explore submerging mouth, nose and eyes.
- Get comfortable with floating on their front and back.
- Learn glides on their front and back.
- Perform combined arm and leg action with assistance.
- Activities are individualized for each swimmer based on age and ability.

## SUPER TOT 1

Three to five years old without parent - Familiarize children with an aquatic environment and help them gain basic aquatic skills.

- Enter and exit the water in a safe manner.
- Submerge and blow bubbles as well as opening eyes to retrieve submerged objects.
- Learn to float, glide and recover to a vertical position.
- Practice arm and leg action on front and back.
- Combine arm and leg action.

## SUPER TOT 2

Three to five years old without parent - Help children gain greater independence in their skills and develop more comfort in and around the water.

- Enter the water by stepping in and exit by using a ladder, steps or the side.
- Bob and open eyes to retrieve submerged objects.
- Learn front and back floats, glides and how to recover to a vertical position.
- Practice rolling and treading water.
- Combine arm and leg action on front and back.
- Learn finning arm action on their back.

## NOVICE

Four to five years old - Help children start to gain basic swimming skills so that they can be successful as well as comfortable in and around the water.

- Enter the water by jumping in.
- Learn to submerge and hold their breath.
- Review floats, glides and how to recover to a vertical position.
- Learn to tread water.
- Combine arm and leg action on their front and back.
- Practice finning arm action on their back.
- Change direction of travel while swimming on their front and back.

## PROGRESSIVE CLASS DISCRIPTIONS

For children ages six years and up. Once a week for eight weeks. Summer daytime lessons are every weekday for two weeks.

### LEVEL 1

For children age six and older that have never had lessons before. Many children who have taken preschool lessons or are not afraid of the water are able to skip Level 1. Introduction to water skills that helps participants feel comfortable in the water.

- Enter and exit the water using a ladder, steps or the side.
- Blow bubbles, bob and open eyes to retrieve submerged objects.
- Glide on their front and back, float and recover to a vertical position.
- Learn to tread water.
- Learn arm and leg action on their front and back.
- Combine arm and leg action on their front and back.

### LEVEL 2

For children age six and older that have had past swimming experience or lessons. Level 2 gives participants success with fundamental aquatic skills.

- Enter the water by stepping or jumping from the side.
- Exit using a ladder, steps or the side.
- Fully submerge while holding their breath, bobbing and opening eyes to retrieve submerged objects.
- Introduce rotary breathing.
- Float, glide and recover to a vertical position.
- Roll and change directions of travel while swimming on their front and back.
- Combine arm and leg action.
- Finning arm action on their back.
- Tread water.

### LEVEL 3

Stroke development; build on previous skills in deep water.

- Enter by jumping from the side.
- Learn the head first sitting and kneeling dive.
- Bob to safety.
- Build on rotary breathing.
- Float, tread water and change from a vertical to a horizontal position on their front and back.
- Introduce front crawl and elementary backstroke.
- Introduce elementary, dolphin and scissor kick.

### LEVEL 4 A

Stroke improvement to develop confidence and improve skills.

- Learn head first entries; dives from a compact and stride position.
- Introduce feet first surface dive, survival swimming, and front and back open turns.
- Improve needed skills for treading water.
- Practice front crawl, dolphin and scissor kick.
- Introduce back crawl, elementary backstroke and breaststroke.

#### LEVEL 4 B

Continue stroke improvement to develop confidence in previously learned skills.

- Practice dives.
- Practice treading water while increasing strength.
- Build on front and back crawl and elementary backstroke.
- Continue to master sidestroke.
- Introduce sidestroke and butterfly.

#### LEVEL 5

Stroke refinement provides further coordination.

- Introduce a shallow-angle dive from the side.
- Learn pike and tuck surface dives and front and back flip turns.
- Increase endurance in survival swimming and treading water.
- Refine strokes on their front and back including crawl, elementary backstroke, breast stroke, sidestroke and butterfly.

#### LEVEL 6 FITNESS

Skill proficiency means that participants strive for perfection so that they swim with ease, efficiency, power and smoothness over greater distances.

- Level 6 Fitness helps prepare participants for competitive swimming.
- Level 6 Fitness teaches participants how to use swim aids to build arm and leg strength and to learn more advanced aspects of competitive swimming.
- Fitness swimming builds more endurance and instills a lifelong desire for aquatic fitness.

#### LEVEL 6 PERSONAL WATER SAFETY

Prepares participants for advanced activities including Water Safety Instructor Aide, Water Safety Instructor and Lifeguarding.

- Personal Water Safety provides individuals with general water safety information in order to create an awareness of causes and prevention of water accidents.
- PWS develops a desire to be safe and to encourage healthy and safe water recreation.

## AMERICAN RED CROSS WATER SAFETY COURSES

### LIFEGUARDING

#### Prerequisites

- Minimum age of 15 years old.
- Swim 300 yards continuously demonstrating breath control and rhythmic breathing.
- Tread water for two minutes using only the legs.
- Complete a timed event within one minute, 40 seconds. Start in the water, swim 20 yards. Surface dive, feet-first or head-first, to a depth of 7-10 feet to retrieve a ten pound object. Return to the surface and swim 20 yards on your back and return to the starting point with both hands holding the object. Exit the water without using a ladder or steps.

#### Description

- Through this course, you will also become certified in ARC Community First Aid and ARC CPR-AED.
- This course is for those interested in personal safety and the safety of others in lifeguarding jobs.
- This course offers online learning done at your own pace (about seven to ten hours).
- There is also a hands on skills session in the water and using manikins before completing a final test (about six hours).
- Cost:
  - Members - \$70.00
  - Non-members - \$100.00
  - CPR/AED only Members - \$60.00
  - CPR/AED only Non-members - \$90.00
  - Recertification Members - \$50.00
  - Recertification Non-members - \$60.00

### WATER SAFETY INSTRUCTOR (WSI)

This Water Safety Instructor class certifies and teaches you how to teach swim lessons.

#### Prerequisites

- Minimum age is 16 years.
- Be able to demonstrate all strokes with proficiency.

#### Description

- Certification recognizes the successful completion of the written pre-test and performing all skills satisfactorily and in accordance with the established skill standards.
- This course offers online learning done at your own pace (about fifteen to twenty hours).
- There is also a hands on check of skills in the water, practice writing up block and lesson plans, review of teaching ability and a final test (about six hours).

- Cost:
  - Members - \$70.00
  - Non-members - \$100.00
  - Recertification Members - \$50.00
  - Recertification Non-members - \$60.00

## WSI AIDE CERTIFICATION

### Prerequisites

- Must have completed any ARC Level 6 class.
- Minimum age is eleven years old.

### Description

- This certification was developed to give the candidate experience teaching at all swim levels (MASA Preschool through ARC Level 5).
- The experience comes through assisting a current instructor for a session at each level.
- If you enjoy helping others, and think you'd someday like to be a teacher - of any kind - go for this one.
- Orientation classes and a signed parent participant contract are required to get started.
- Orientation class is one hour. Completing certification depends on individual commitment.
- This class is FREE to both members and non-members.