

# M.A.S.A

## 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)

## TABLE OF CONTENTS

Section I:	Introduction to M.A.S.A., Inc.
1	Welcome to M.A.S.A.
2	History
3	M.A.S.A., Inc., Annual Membership Meeting
4	Board of Directors
Section II:	Membership, Pass, and Lesson Fee Options
4	Membership Fees
5	Water Fitness Class Membership Rehab Membership Passes
	Daily Pass/Non-Members
	Member Discount Pass
	Retreat Daily Pass
6	Membership Cards Address and Family Member Changes/Updates Swim Lesson Fee Structure
Section III:	Operations Policies
7	General Policy
	Swim Center Hours
	Severe Weather
	Sign-In
	Valuables
	Swim Lessons
	Accidents
	Behavior
	Youth Groups
8	General Policy (continued)
	Lost and Found
	Building and Property
	Sidewalks
	Bicycles and Skateboards
	Smoking
	Drugs, Alcohol and Firearms
	Locker rooms and Lockers
	Miscellaneous Notes
	Child Age Restriction
	Children during Adult Activities
	Children/Lap Swim
9	Locker Room Policy
	Swimming Pool Rules
10	Swimming Pool Rules (continued)
11	Swimming Pool Rules (continued)
Section IV:	Aquatic Programs
11	Lap Swim
	Open/Lap Swim
	Clinics

- Section IV: Aquatic Programs (continued)
- 11 Special Pool Party  
Water Exercise
  - 12 Water Aerobics  
Private Lessons  
Incentive Programs  
Preschool Lessons
    - Water Babies
    - Tiny Tots
    - Super Tot I
    - Super Tot II
    - Novice
  - Adult Swim Time
  - 13 American Red Cross Progressive Swim Program
    - Level 1
    - Level 2
    - Level 3
    - Level 4-Red
    - Level 4-Blue
    - Level 5
    - Level 6
  - 14 Special Water Safety Classes - Course Description
    - Lifeguarding
    - Water Safety Instructor (WSI)
    - WSI Aide Certification

## Section I

### WELCOME TO M.A.S.A.!!!

On behalf of the staff of the Raymond and Marie Goldbach Swim Center, I would like to welcome you to M.A.S.A., Inc. Education and fitness are an important part of life, and at M.A.S.A. 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 M.A.S.A.

Congratulations!

## HISTORY

### M.A.S.A., INC., 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 Goldbah 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 40 lockers in each. Landscaping was completed in the summer of 1989.

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 M.A.S.A., Inc.) is a nonprofit organization set up by the Raymond and Marie Goldbach Foundation which generously subsidizes a large portion of M.A.S.A.'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 M.A.S.A. MEMBERSHIP MEETING

M.A.S.A., Inc., has a meeting for all members each year in October. 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. Watch for announcement of date, time and location at the pool and in the e-newsletter or call the Facility Director for this information.

25<sup>th</sup> Anniversary Celebration

In October of 2013 MASA celebrated its 25<sup>th</sup> anniversary. We are proud to have served the community for 25 years. Throughout the year (our pool year runs from October to September) we ran specials celebrated 25 years.

In 2013 we remodeled the locker rooms. New filters were installed in 2014. The office and lobby area were remodeled in 2015.

MARATHON AREA SWIM ASSOCIATION, INC.  
 BOARD OF DIRECTORS  
 2016-17

A = Appointed  
 E = Elected

Position/Committee  
 715-443-3772 (Pool Phone)

1.	Mark Ahrens (A)	<a href="mailto:mahrens@mcheese.com">mahrens@mcheese.com</a>	Facility-chair
2.	Tony Braun (E)	<a href="mailto:tony.braun@bankpeoples.com">tony.braun@bankpeoples.com</a>	Finance
3.	Patricia Donlin (E)	<a href="mailto:trish.donlin@gmail.com">trish.donlin@gmail.com</a>	Programs-Chair & Facility
4.	Kelly Dreger (A)		Programs
5.	Michele Fingerson (E)	<a href="mailto:michele@fingerson.com">michele@fingerson.com</a>	Programs
6.	Nancy Kaiser (A)	<a href="mailto:nkaiser@mcheese.com">nkaiser@mcheese.com</a>	Treasurer/Finance-Chair & Executive
7.	David Keefe (A)	<a href="mailto:dkeefe@mcheese.com">dkeefe@mcheese.com</a>	Finance
8.	Kevin Koch (A)	<a href="mailto:kekoch@gapps.edgar.k12.wi.us">kekoch@gapps.edgar.k12.wi.us</a>	Programs
9.	Carrie Krautkramer (E)	<a href="mailto:kraut@mwwb.net">kraut@mwwb.net</a>	Vice-President/Executive & Finance
10.	Patty Riske (E)	<a href="mailto:pattyriske@gmail.com">pattyriske@gmail.com</a>	Programs
11.	Marty Robbins (A)	<a href="mailto:mrobbins@mcheese.com">mrobbins@mcheese.com</a>	Secretary/Executive & Facility
12.	Paul Seiser (E)	<a href="mailto:seiserps@gmail.com">seiserps@gmail.com</a>	Programs
13.	Brad West (A)	<a href="mailto:bwest@mcheese.com">bwest@mcheese.com</a>	President/Executive-chair & Facility
	Jennifer Passehl	<a href="mailto:jpasssehl@masaswim.org">jpasssehl@masaswim.org</a>	Facility Director

Section II  
M.A.S.A., INC., MEMBERSHIP, PASS AND LESSON FEE OPTIONS

## MEMBERSHIPS

**Regular:** Unlimited Use

Regular Membership runs Oct 1- Sept 30 with the cost based on choice of the following two options:

**OPTION 1:** Pro-rated each quarter. These memberships expire 9/30/17. Number in ( ) is 1<sup>st</sup> payment if you pay in thirds. This table is for 2016/17.

	<b>Family</b>	<u>Family</u> (thirds)	<b>Adult</b>	<u>Adult</u> (thirds)	<b>Youth</b>	<u>Youth</u> (thirds)
<b>1st Quarter (Full Rate)</b> (Oct/Nov/Dec)	\$324	\$108	\$249	\$83	\$162	\$54
<b>2nd Quarter (90%)</b> (Jan/Feb/Mar)	\$292	\$97	\$224	\$75	\$146	\$49
<b>3rd Quarter (70%)</b> (Apr/May/June)	\$227	\$76	\$174	\$58	\$113	\$38
<b>4th Quarter (39%)</b> (July/Aug/Sept)	\$126	\$42	\$97	\$32	\$63	\$21

**OPTION 2:** Pro-rated November thru September. One year memberships expire 9/30/1. Two year memberships (or the rest of this year and all of next year) expire 9/30/18. Number in ( ) is 1<sup>st</sup> payment if you pay in thirds. This table is for 2016/2017.

	<b>Family</b>	<u>Family</u> (thirds)	<b>Adult</b>	<u>Adult</u> (thirds)	<b>Youth</b>	<u>Youth</u> (thirds)
<b>Oct. to Sept 30, 2017 (1 year)</b>	\$324	\$108	\$249	\$83	\$162	\$54
<b>Oct. to Sept 30, 2018 (2 year)</b>	\$648	\$216	\$498	\$166	\$324	\$108
<b>Nov. to Sept 30, 2018</b>	\$621	\$207	\$477	\$159	\$311	\$104
<b>Dec. to Sept 30, 2018</b>	\$594	\$198	\$457	\$152	\$297	\$99
<b>Jan. to Sept 30, 2018</b>	\$567	\$189	\$436	\$145	\$284	\$95
<b>Feb. to Sept 30, 2018</b>	\$540	\$180	\$415	\$138	\$270	\$90
<b>March to Sept 30, 2018</b>	\$513	\$171	\$394	\$131	\$257	\$86
<b>April to Sept 30, 2018</b>	\$486	\$162	\$374	\$125	\$243	\$81
<b>May to Sept 30, 2018</b>	\$459	\$153	\$353	\$118	\$230	\$77
<b>June to Sept 30, 2018</b>	\$432	\$144	\$332	\$111	\$216	\$72
<b>July to Sept 30, 2018</b>	\$405	\$135	\$311	\$104	\$203	\$68
<b>Aug. to Sept 30, 2018</b>	\$378	\$126	\$291	\$97	\$189	\$63
<b>Sept. to Sept 30, 2018</b>	\$351	\$117	\$270	\$90	\$176	\$59

- Method of Payment:
- 1) In Full
  - 2) 1/3 down, 1/3 in 30 days, paid in full in 60 days

ALL MEMBERSHIPS ARE NON-REFUNDABLE AND NON-TRANSFERABLE

- \* Children ages seven and under must have successfully completed the American Red Cross (A.R.C.) LEVEL 3 course (or equivalent) to be eligible for a Youth Membership. Otherwise they must be a part of a Family Membership.
- \* Students in high school and full time college students can be included in Family Memberships or they may purchase a Youth Membership.
- \*\* Adult members of any household must be married to each other to enjoy the privileges of a Family Membership.
- \*\*\* Installment plans (payment in thirds) are available at the discretion of MASA. If a member has any amounts owing to MASA, the unpaid amounts due MASA must be paid in full before a current membership can be taken out. An installment plan is not available in situations where MASA experienced an unrecovered loss from the member within the last five years.

**NOTE:** The membership fees show 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.

### ***Water Fitness Class Membership:***

Limited use for participation in scheduled Water Fitness classes only.

Duration of Membership: 8 punches/visits

\*Non-transferable

COST: \$48/eight punches

Method of Payment: In Full

### ***Rehab Membership:***

Limited use for the individual's rehabilitation due to injury

COST: \$71.00 - Renewal limited to employer's and doctor's orders

Duration of Membership: three months

\*Non-transferable

Method of Payment: In Full

## **PASSES**

### **Daily Pass/Non-Members:**

	<u>Daily</u>	<u>Weekly (to be used within a calendar week)</u>
Family	\$10.00	\$35.00
Adult	\$6.50	\$20.00
*Youth/Student	\$3.00	\$ 9.00

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 Pass:**

Members are able to purchase a daily pass card for family or friends at a discounted rate (five visits for the price of four). Cards are color coded and get punched each time they are used. They are issued in the member's name.

Family Pass- \$40                      Adult Pass - \$26                      Youth - \$12

### **Retreat Daily Pass:**

Must show proof of current attendance at a retreat at

St. Anthony Retreat Center, Marathon

COST: \$5.00/day (\*Non-transferable)



MEMBERSHIP CARDS:

1. Membership cards are issued for Water Fitness Memberships and Rehab Memberships only. They are held by the member and must be shown at the service desk when you swim. You need to **be sure to sign in** every time you come to swim.
2. Membership Cards **ARE NOT TRANSFERABLE** to visiting family members, guests or friends.

~ ~ ~ ~ ~

BIG BROTHERS/BIG SISTERS: Any person with a M.A.S.A. 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/Little Sister during Open/Lap Swim time free of charge. The Big Brothers/Big Sisters program will furnish M.A.S.A. with a list of their participants so staff knows who would be eligible among the membership for this privilege. **Reminder: The individual must have a M.A.S.A. membership in order to qualify for this.**

ADDRESS AND FAMILY MEMBER CHANGES/UPDATES:

Address: Please contact us when there is a change in address and/or if your address includes a P.O. Box number. The Post Office WILL NOT FORWARD bulk mailings (such as our newsletters to you) with an incorrect or incomplete address.

Also, please let us know of e-mail changes if you would like to continue to get the e-newsletter. Most correspondence is now done this way with one mailing per year at membership time.

Family Member Updates: Recently had a baby? A son or daughter has "left the nest?" Please inform us so that we can update your records! Thank you!

Also let us know if you have had a change in phone number, either home or work, and always inform us whose work number it is.

## SWIM LESSON FEE STRUCTURE

*M.A.S.A. Members:* COST: Free  
Unlimited sessions as long as membership is in good standing.

*Non-Members:* COST: \$57/child per session

## Section III

### OPERATIONS POLICIES

#### **++ GENERAL POLICY**

##### Swim Center Hours:

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

##### FALL - WINTER - SPRING HOURS:

Monday - Friday: 5:45 a.m. - 7:30 p.m.

Saturday and Sunday: 1:00 - 7:30 p.m.

Saturdays with lessons: 7:00 - 9:00 a.m. for Lap Swim or Water Fitness

##### SUMMER HOURS:

Monday - Friday: 5:45 a.m. - 8:00 p.m.

Saturday: 7:00 a.m. - 10:00 a.m.; 1:00 - 8:00 p.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/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.

##### Tornadoes, 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.

##### Valuables:

Please check your valuables in at the Service Desk OR bring a lock for a locker to use while you are here. M.A.S.A. is not responsible for lost or stolen items.

##### Swim Lessons:

M.A.S.A. members have first priority for swim lesson registration. M.A.S.A. members register one week before non-members. Watch our e-newsletter and our website (www.masaswim.org) for registration dates and session starting dates.

##### Accidents:

The Association 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.

##### Youth Groups:

Time slots are available for youth groups from September 1 through May 31 on Sundays from 4-5 p.m., free of charge. Other times can be arranged for a fee of \$50/hour. Call us to reserve one for you! A reservation form needs to be completed prior to the event. Call or stop by the Service Desk for that form.

Lost and Found:

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.

Building and Property:

We ask the cooperation of everyone in helping us to maintain the appearance of the building and grounds.

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:

We ask for your cooperation in using the sidewalks while visiting M.A.S.A.

Bicycles and Skateboards:

Bicycles must be parked in the bike rack.

Skateboarding is not allowed on M.A.S.A. sidewalks.

Smoking:

In the interest of our patrons' health, the M.A.S.A., Inc., Board of Directors has designated the Swim Center a non-smoking facility.

Drugs, Alcohol and Firearms:

Drugs, Alcohol and Firearms are not allowed on M.A.S.A.'s property at any time. Persons caught abusing this provision will have their membership privileges suspended or revoked.

Locker rooms and lockers:

These are property of M.A.S.A. and if there is probable cause for them to be searched two of M.A.S.A.'s Staff, with Directors Permission will be allowed to search the locker rooms/locker.

## MISCELLANEOUS NOTES

Child Age Restriction:

Children 7 years and under may not swim alone at the Swim Center unless they have *successfully completed at least the A.R.C. LEVEL 3 course*. Otherwise 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 watch television 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/Lap Swim:

Children who lap swim must swim lengths of the pool during designated "lap swim" times. 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.

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.

## LOCKER ROOM POLICY

1. NO FOOD, DRINK, CELL PHONES OR CAMERAS are allowed in locker rooms.
2. Each time you use the facility, you may bring a lock for use on a locker to secure your clothes and valuables. M.A.S.A. is not responsible for lost or stolen articles.
3. For safe keeping, valuables (watches, purses, wallets, etc.) may also be checked in at the Service Desk.
4. Locks must be removed before leaving the facility as lockers are for daily use only. Locks will be clipped off if left on.
5. 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.
6. 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 women's locker room are appropriate in this case.
7. 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 and the parents notified. Appropriate behavior is expected and appreciated by all.

## SWIMMING POOL RULES

*For your protection please follow these rules!*

1. All apparel worn in the pool shall be clean and sanitary. Swim suits are recommended. Other clothing may be permitted due to religious beliefs.
2. Take a soap shower before entering the pool (must be wet from head to toe).
3. No street shoes allowed on pool deck or other wet areas such as the shower room.
4. Fitness shoes are permitted as long as they are clean and have not been worn outside.
5. **Child Age Restriction:** Children seven years and under may not swim alone unless they have successfully completed at least the A.R.C. LEVEL 3 course, or equivalent. These children can have their membership cards punched signifying their capability. Otherwise they must be accompanied by a responsible party of not less than twelve years old.
6. 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.
7. NO WATER WINGS ARE PERMITTED.
8. No running or pushing.
9. Do not swim under the diving board.

10. Do not hang on the diving board.
11. Do not jump backwards, perform back dives, or somersaults from the side or off the diving board.
12. No boisterous or rough play.
13. No chicken fights or shoulder rides.
14. Food, drink, and gum will be allowed only in the lobby area.
15. 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.
16. Spitting, spouting of water, blowing the nose, or introducing other contaminants into the pool is not permitted.
17. 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.
18. Kickboards may be used only during lap swimming or lessons.
19. No throwing of any objects such as coins, toys, diving rings, or bricks in the pool.
20. Limited use of balls is allowed; however, the lifeguard may remove them if there are too many people or if there is abuse.
21. No hanging on the lane lines.
22. Non-swimmers are asked to stay in shallow area. Guards may ask swimmers to swim one or two widths of the pool to decide if one is safe to swim in deep water and use the diving board.
23. **Diving in shallow water is not permitted.**
24. Caution shall be exercised in the use of the diving board:
  - a. water is nine feet deep under the board
  - b. concentrate when on the board
  - c. plan your dive
  - d. one person on the board at a time
  - e. no one under three years old may use the board
  - f. do not run and dive
  - g. no fancy or competitive dives or dives with a straight vertical entry
  - h. water must be free of swimmers or objects before diving
  - i. go straight off the front of the board
  - j. only one bounce on the board
  - k. keep arms extended over head during dive and follow-through
  - l. steer up with arms and head after entry
  - m. don't hang from the board
  - n. no concussions or splash dives
  - o. no horseplay on or around board
  - p. don't dive across pool corners
  - q. no flips or somersaults off the board

25. The Preschool "L" Pool is **for non-swimming children seven years and under** accompanied by a parent (or guardian age twelve or older).
  - a. absolutely no diving in this instructional pool
  - b. parent/guardian is responsible for the safety and conduct of children in the instructional pool
  - c. no boisterous or rough play and all other pool rules should be enforced
  - d. no paper diapers allowed
  - e. ***babies must wear apparel with tight-fitting legs and waistbands (Little Swimmers recommended)***
26. Diaper changing on the pool deck is prohibited. This must be done in the locker rooms only.
27. For safety reasons, please inform lifeguards and instructors of medical problems such as diabetes, heart problems, epilepsy, or any other physical or emotional problems. A medical clearance for known problems from your physician must be obtained.
28. 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.
29. For the safety and enjoyment of all members and guests, the staff will use their discretion on disciplinary action needed to enforce all rules.
30. 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.

## 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. When starting for the first time, start with three to ten lengths. Each week increase the number of lengths you do per day. Soon you'll be swimming between one half and one mile daily. Challenge yourself! Lap swimming slips are available for you. M.A.S.A. staff will keep track of your mileage and post an updated copy in the pool area on a weekly basis. (Youth and Adults)

- **LAP SWIMMING ETIQUITE:** At any given time, patron participation can be large and lanes will need to be shared. Circle swimming is recommended, but can be discussed between swimmers in the same lane.
- **NOTE REGARDING LANE LINES:** If you arrive early, please assist the lifeguard with putting in the lane lines. His/her top priority is to watch all swimmers and not to jump in the pool and swim lane lines down. Having the lane lines in is a privilege, not a requirement for lap swimmers.

Open/Lap Swim: A time for youth, adults and families to leisurely have fun in the water. There are also one or two lanes set aside for those who wish to swim laps uninterrupted. Available daily during unscheduled time slots. Check current schedule.

Clinics: M.A.S.A. 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 instructor/materials. Want a special clinic? Just ask - It may be a GREAT IDEA!!

Special Pool Party: M.A.S.A. offers Fun Nights, Noodle Nights and Birthday Party Packages.

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. Continuous program.

Water Aerobics: 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. Offered year round on Thursday nights and in the fall, winter and spring on Saturday mornings.

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.

Private Lessons: Inquire with Facility Director regarding availability of instructor. A fee of \$10/lesson is charged. Length of lesson is usually 30 minutes to one hour, depending on the age of the swimmer.

Incentive Programs: M.A.S.A. likes to offer incentive programs to keep members motivated. Please inquire with the Staff to see what is currently available for members.

Vintage Swimming: This is a structured swim program for swimmers over the age of 18. There are two coached practices per week and workouts posted for the rest of the week. This is a member driven program. Here is our Mission: *"Driven to swim the distance with ease and efficiency at a competitive level"*

Manta Ray Swim Team: The Manta Rays are an independent swim club for children ages six to 18. There is a winter and a summer season each year and the team practices three evenings a week with meets on Saturdays.

# SWIM LESSONS - COURSE DESCRIPTIONS

## ADULT SWIM TIME (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 want it. These classes are held once a week for six weeks.

Fees: M.A.S.A. Members: Free  
Non-Members: \$30.00

All classes deal with swimmers of all abilities, as well as non-swimmers.

## Preschool Class Descriptions

Six months thru five years old

**Water Babies** (six to eighteen months old with parent) - Introduce basic skills; including safety topics, to parents and children.

- Learn to ask for permission before entering the water.
- Enter and exit the water in a safe manner.
- Explore submerging mouth, nose and eyes.
- Get comfortable with floating on their front and back.

**Tiny Tots** (eighteen to thirty-six months old with parent) - Build and improve on the skills from Water Babies and learn more advanced skills.

- Establish expectation for adult supervision.
- Explore submerging their mouth, nose and eyes.
- Learn glides on their front and back.
- Perform combined arm and leg actions with assistance.

**Super Tot I** (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 II** (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 actions 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 Swim Program Class descriptions**

These classes are for children ages six years and up.

**Level 1** - For children age six and older that have never had lessons before. 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 actions 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.
- 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.
- Introduce 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 dolphin and scissor kick.

**Level 4 Red** - 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 and elementary backstroke.
- Introduce back crawl and sidestroke.

**Level 4 Blue** - 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 breaststroke 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.
- Refine strokes on their front and back including crawl, elementary backstroke, breast stroke, sidestroke and butterfly.

**Level 6 - Skill proficiency means that participants strive for perfection so that they swim with ease, efficiency, power and smoothness over greater distances.**

- Level 6 features options to prepare participants for advanced activities including Water Safety Instructor courses and competitive swimming.
- The Personal Water Safety option 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.
- The Level 6 Fitness Swimming option teaches participants how to use swim aids to build arm and leg strength, to learn more advanced aspects of competitive swimming.
- Fitness swimming builds more endurance and instills a lifelong desire for aquatic fitness.

## **SPECIAL WATER SAFETY CLASSES COURSE DESCRIPTIONS**

### **LIFEGUARDING:**

- Prerequisites:
1. Minimum age of 15 years old
  2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing.
  3. Tread water for two minutes using only the legs.
  4. 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 the back to return to the starting point with both hands holding the object. Exit the water without using a ladder or steps.

Through this course, you will also become certified in A.R.C. Community First Aid and A.R.C. CPR-PR (for the Professional Rescuer). This course is for those interested in personal safety and the safety of others in lifeguarding jobs. Course length: Minimum of 25 hours, 20 minutes (including the pre-course session).

### **WATER SAFETY INSTRUCTOR (W.S.I.)**

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

- Prerequisites:
1. Minimum age: 16 years
  2. Be able to demonstrate all strokes with proficiency

Class locations will vary depending on instructor. Certification recognizes the successful completion of the written pre-test and performing all skills satisfactorily and in accordance with the established skill standards. Course length: 36-40 hours

### **W.S.I. AIDE CERTIFICATION**

This is a certification developed to give the candidate experience teaching at all levels (M.A.S.A. Preschool through A.R.C. 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 signed parent/participant contract required to get started. Orientation class = 3 hours. Completing certification depends on individual commitment.

- Prerequisites:
1. Must have completed any A.R.C. Level 6 class.
  2. Minimum age is eleven years old.