

Rush City Summer Community Education

Your complete Guide to Community Education Summer Opportunities for 2023



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2023 Rush City Summer Recreation

(Changes have been made so please read carefully.)



Rush City Schools will be offering a recreation program this summer. Attached is the registration form and a list of activities and times for the program. A registration form and payment of fees, (make checks payable to Rush City Schools), must be completed for each child and returned by Friday, May 12th, to either the elementary school office or the principal's office at the high school. Mailed registration will also be accepted.

The Chisago County Recreation Association must have team numbers no later than May 13th; therefore a \$10.00 late fee will be charged for late registrations and will only be accepted if there is room on teams. This will be enforced.

Parents of players who compete out of town are encouraged to drive and help transport other players. Attached is a calendar of activities and times for the months of June and July. This will be very helpful to you in keeping up with what activities are going on.

Summer Recreation starts on Monday, June 12th. T-Shirts, hats, bats, and balls are provided. Players should each have a glove and tennis shoes. All Summer Rec. and pool information will be posted on our website: www.rushcity.k12.mn.us

For the status of games or practice due to weather you may call 320-358-1355. You can also follow the Rush City Summer Rec Facebook page.

T-ball is limited to boys and girls ages 4, Pre-K, Kdg., 1st and 2nd grades of the present school year. This year we will be dividing the age levels on teams. Pre K and K will be together and 1st and 2nd grade will be together. On Monday, June 12th, we will hand out shirts & hats, go over information and take photos at Saloka Field. For T-Ballers there will be no regular practice this day, just the informational session. Practice will start on Wednesday, June 14th. The T-Ballers will practice Mondays and Wednesdays from 1:00-1:50 pm. at Saloka Field. (baseball/football field). The T-Ballers will have games with other Rush City teams. A schedule will be sent home indicating the dates and times of these games. Games are scheduled on Monday, Tuesday and Wednesday afternoons and evenings. There will be concessions sold at most practices and games. No practice on Tuesday, Thursday or Friday. If there is inclement weather, practice will be cancelled for T-Ballers.

Pee Wees and Ponytails teams are for boys and girls going into 4th and 5th grades. Practice will begin on Monday, June 12th. Pee Wees and Ponytails practice each Monday and Wednesday from 2:00- 2:55 pm. The Pee Wees and Ponytails will play in a league with the Chisago County Recreation Association. Games are in the evenings. Schedules will be available at the first practice.

No practice on Tuesday, Thursday or Friday. There will be no practice cancellations. Teams will practice in the high school gym if the weather does not permit us to practice outside. Please make sure your child has tennis shoes along if the weather is questionable.

FREE POOL COUPONS -

TWO FREE COUPONS TO THE RUSH CITY AQUATIC CENTER WILL BE GIVEN TO EACH INDIVIDUAL PK-7 WHO IS A FULL TIME PARTICIPANT OF THE 2023 SUMMER RECREATION PROGRAM. THE COUPONS WILL ALLOW INDIVIDUALS TWO FREE SESSIONS OF SWIMMING AT THE POOL DURING THE SUMMER OF 2023. JUST PRESENT THE COUPON AT THE TICKET WINDOW AT THE AQUATIC CENTER. IF AN INDIVIDUAL LOSES HIS OR HER COUPONS, NO REPLACEMENT COUPONS WILL BE ISSUED. COUPONS WILL BE GIVEN TO SUMMER RECREATION PARTICIPANTS DURING THE FIRST WEEK OF THE SUMMER REC PROGRAM. COUPONS MUST BE USED DURING THE SUMMER OF 2023. COUPONS ARE NOT TRANSFERABLE.

Summer Volleyball Camp

For: This years students in grade K-1-2 (23)
Dates: Monday June 19 - Friday June 23
Time: 11:00 am. – 12:15 pm.
Place: Rush City High School Gym
Cost: \$30.00 (includes T-Shirt)



For: This years students in grades 3-5 (23)
Dates: Monday, June 19 - Friday June 23
Time: 9 am. – 10:30 am.
Place: Rush City High School Gym
Cost: \$35.00 (includes T-Shirt)

These camps will focus on the fundamentals of volleyball; passing, setting, serving and hitting. Please sign up by Friday, May 19th.

If you have questions or would like more information, please call Coach Eric Telander @ (320) 358-4795 ext. 294 or email: etelander@rushcity.k12.mn.us Please note: Camps may be cancelled if there is a low number of registrants. A full refund will be given. Please Register early!!

Rush City Boys/Girls Basketball Camp

Coach: Brekka Giller/Ricky Carlson

For Grades: K-1-2 (23)
Dates: Monday July 10 - Friday July 14
Time: 2:00 pm - 3:00 pm
Cost: \$30.00 (inlcudes T-shirt)
Place: Jacobson Elementary Gym



The focus of basketball camp will be on basic fundamentals; including dribbling, passing, form shooting, introduction to the team concept and "fun" competition.

For Grades: 3-4-5-6 (23)
Dates: Monday July 10 - Friday July 14
Time: 3:00 pm - 4:30 pm
Cost: \$35 (includes T-shirt)
Place: Jacobson Elementary Gym

Camp emphasis will be basic fundamentals, post and perimeter skills, team offense and defense, 3 on 3 league, 5 on 5 leagues, and various types of competition.

Please sign up by: Friday May 19th.

If you have questions or would like more information, please contact Brekka Giller @ 320-358-4724 or email bgiller@rushcity.k12.mn.us Please note: Camps may be cancelled if there is a low number of registrants. A full refund will be given. Please Register early!!

Rush City Boys/Girls Football Camp

Coach: Mike O'Donnell
Youth Summer Football Camp for Grades 2-3-4-5(23)

Dates: Monday July 24th -Wednesday July 26th
Time: 5:00 PM - 6:30 PM
Cost: \$15 (includes T-Shirt)
Place: High School Track (Bill West Field)



Learn the fundamentals and skills that will help you in your upcoming football season from the high school coaches and players. This camp is open to all individuals that are going into grades 3-6 for the 23-24 school year. Participants will receive a Rush City Football T-shirt at the end of camp. Please sign up by Friday, May 19th.

If you have any questions or would like more information, please call Lee Rood or email lrood@rushcity.k12.mn.us. Please note that camp may be cancelled if there is a low number of registrants. A full refund will be given. Please register early!!!!

Rush City Community Education Disc Golf

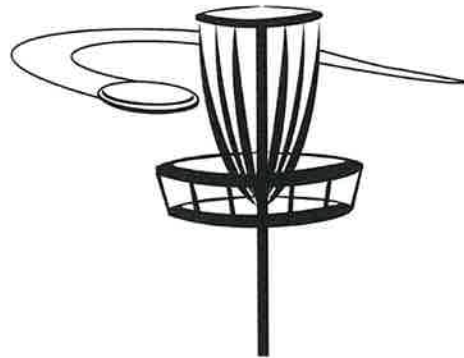
Coach: Nate Sorgert

Dates: July 5, 12, 19, 26

Time: 4:30 pm - 6:00 pm

Cost: \$20.00 (includes set of 3 golf disks)

Place: Rush City High School Disc Golf Course
(Located by the high school)



Are you interested in learning how to play disc golf? This is open to all ages and you will get to know the basics of disc golf. This includes the three main types of discs as well as the following topics: Proper disc golf etiquette, how to grip and throw a disc, the difference in types of throws, how to read numbers on a disc, how to score a round, the putting areas, different disc golf manufacturers and plastics.

Every day will consist of playing at least one to two holes with hopefully playing almost a full round of 9 holes on the last day.

If you have any questions, please contact Nate Sorgert at 320-358-4795 or email nsorgert@rushcity.k12.mn.us.

June 2023
Summer Rec

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*SUMMER REC STARTS JUNE 12th</p> <p>*PRACTICE IS ONLY MONDAY AND WEDNESDAY</p> <p>*PARK IS CLOSED ON JULY 4TH</p> <p>*CALL 320-358-1355 for cancellations of practice and games</p> <p>*Last day of Summer Rec is July 19th</p>			1	2	3	<p>Session I</p> <p>Swim Lesson</p> <p>Sign Up</p>
4	5	6	7	8	9	10
<p>T-BALL B & G</p> <p>MEETING ONLY</p> <p>JUNE 12TH</p>	<p>Practice Schedule</p> <p>T-Ball B & G 1:00-1:50</p> <p>PeeWees B 2:00-2:55</p> <p>Ponytails G 2:00-2:55</p>	13	14	15	16	<p>Volleyball Camp</p> <p>July 17-July 21 M-F</p> <p>K-1-2</p> <p>11:00 am-12:15 pm</p> <p>Grades 3-4-5</p> <p>9:00 am-10:30 am</p>
11	12	13	14	15	16	17
<p>Session I Swim Lessons</p> <p>8:30-12:15 PM</p> <p>June 19- June 30</p>	<p>Practice Schedule</p> <p>T-Ball B & G 1:00-1:50</p> <p>PeeWees B 2:00-2:55</p> <p>Ponytails G 2:00-2:55</p> <p>Volleyball Camp</p> <p>Grades K-1-2 11:00-12:15</p> <p>Grades 3-5 9:00-10:30</p>	20	21	22	23	<p>Basketball Camp</p> <p>July 10-July 14</p> <p>Grades K-1-2</p> <p>2:00 - 3:00</p> <p>Grades 3-4-5-6</p> <p>3:00-4:30</p>
18	19	20	21	22	23	24
<p>Session I Swim Lessons</p> <p>8:30-12:15 PM</p> <p>June 19- June 30</p>	<p>Practice Schedule</p> <p>T-Ball B & G 1:00-1:50</p> <p>PeeWees B 2:00-2:55</p> <p>Ponytails G 2:00-2:55</p> <p>Volleyball Camp</p> <p>Grades K-1-2 11:00-12:15</p> <p>Grades 3-5 9:00-10:30</p>	<p>Volleyball Camp</p> <p>Grades K-1-2 11:00-12:15</p> <p>Grades 3-5 9:00-10:30</p>	<p>Practice Schedule</p> <p>T-Ball B & G 1:00-1:50</p> <p>PeeWees B 2:00-2:55</p> <p>Ponytails G 2:00-2:55</p> <p>Volleyball Camp</p> <p>Grades K-1-2 11:00-12:15</p> <p>Grades 3-5 9:00-10:30</p>	<p>Volleyball Camp</p> <p>Grades K-1-2 11:00-12:15</p> <p>Grades 3-5 9:00-10:30</p>	<p>Volleyball Camp</p> <p>Grades K-1-2 11:00-12:15</p> <p>Grades 3-5 9:00-10:30</p>	<p>Sign Up Session II</p> <p>Swimming Lessons</p>
25	26	27	28	29	30	
<p>Session I Swim Lessons</p> <p>8:30-12:15 PM</p> <p>June 19- June 30</p>	<p>Practice Schedule</p> <p>T-Ball B & G 1:00-1:50</p> <p>PeeWees B 2:00-2:55</p> <p>Ponytails G 2:00-2:55</p>		<p>Practice Schedule</p> <p>T-Ball B & G 1:00-1:50</p> <p>PeeWees B 2:00-2:55</p> <p>Ponytails G 2:00-2:55</p>			

July Summer Rec 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Practice Schedule T-Ball B & G 1:00-1:50 PeeWees B & G 2:00-2:55	4	5 Practice Schedule T-Ball B & G 1:00-1:50 PeeWees B & G 2:00-2:55 Disc Golf Any Age Welcome 4:30-6:00	6	7	1 B/G Football Camp July 24-26 Grades 2-3-4-5 5:00-6:30
						8
9 Session II Swim Lessons 8:30-12:15 PM July 10-21 M-F	10 B/G Basketball Camp Grades K-1-2 2:00-3:00 Grades 3-4-5-6 3:00-4:30 Practice Schedule T-Ball B & G 1:00-1:50 PeeWees Boys 2:00-2:55 Ponytails G 2:00-2:55	11 B/G Basketball Camp Grades K-1-2 2:00-3:00 Grades 3-4-5-6 3:00-4:30	12 B/G Basketball Camp Grades K-1-2 2:00-3:00 Grades 3-4-5-6 3:00-4:30 Practice Schedule T-Ball B & G 1:00-1:50 PeeWees B 2:00-2:55 Ponytails G 2:00-2:55 Disc Golf -Any Age Welcome 4:30-6:00	13 B/G Basketball Camp Grades K-1-2 2:00-3:00 Grades 3-4-5-6 3:00-4:30	14 B/G Basketball Camp Grades K-1-2 2:00-3:00 Grades 3-4-5-6 3:00-4:30	15
16 Session II Swim Lessons 8:30-12:15 PM July 10-21 M-F	17 Practice Schedule T-Ball B & G 1:00-1:50 PeeWees B 2:00-2:55 Ponytails G 2:00-2:55	18	19 Practice Schedule T-Ball B & G 1:00-1:50 PeeWees B & G 2:00-2:55 Ponytails G 2:00-2:55 Disc Golf-Any Age Welcome 4:30-6:00	20	21	22 Sign Up Session III Swimming Lessons
23	24 Football Camp Grades 3-4-5-6 5:00 PM - 6:30 PM	25 Football Camp Grades 3-4-5-6 5:00 PM - 6:30 PM	26 Football Camp Grades 3-4-5-6 5:00 PM - 6:30 PM Disc Golf -Any Age Welcome 4:30-6:00	27	28	29
30 Session III Swim Lessons 8:30 am - 12:15 pm July 31-August 11 M-F	31					

2023 Summer Rec Registration Form

{You must complete a separate form for EACH child.}

Name _____ Sex: M F Birthdate _____ Grade - April 2023 _____
Address _____

Parent/Guardian Information:

Father _____ Mother _____
Cell phone _____ Work phone _____ Cell phone _____ Work phone _____
E-Mail _____ E-Mail _____

Person to contact in case of emergency (relative/friend in or around Rush City)

Name _____ Cell Phone _____ Other _____

Family Physician _____ Phone _____

Health/Medical problems we should be aware of: _____

Check baseball/softball group you wish to participate in:

BASEBALL/SOFTBALL	GRADE	June 12 th – July 19th
_____ T-Ball (Boys and Girls)	PK (4)-K-1-2	1-1:50 p.m. M-W
_____ Peewees Boys' Baseball	Going into 4-5	2-2:55 p.m. M-W
_____ Ponytails Girls' Softball	Going into 4-5	2-2:55 p.m. M-W
_____ Recreation Fee ALL (single)	\$55.00	_____ Max. 2 or more children \$100.00
_____ LATE FEE (after May 19th)	\$10.00	

Community Ed. Camps - Registration Form

Sign up and pay for all CE sponsored camps by Friday, May 19, 2023

***All grades are as of May 2023**

_____ Volleyball K -2 (\$30.00) includes T-shirt	_____ Volleyball 3-5 (\$35.00) includes T-shirt
_____ Basketball K-2 (\$30.00) includes T-shirt	_____ Basketball 3-5 (\$20.00) includes T-shirt
_____ Football 2-5 (\$15.00) includes T-shirt	_____ Disc Golf (\$20.00) No T-shirt (includes 3 golf discs)

T-Shirt size (circle) YXS YS YM YL AS AM AL AXL AXXL

Make checks payable to RCHS P.O. Box 566 - 51001 Fairfield Ave. Rush City, MN 55069. Please fill out a separate registration for each child. You may include (1) check for all children and combined activities and t-shirts. (Including Summer Rec.)

Liability Release and Medical Care Authorization I hereby release this school district, recreation department, coaches, and/or other sponsors from any liability to my son or daughter for any reason or any kind or nature. I authorize this recreation department and/or their team physician to treat an injury to my son/daughter, the afore designated individual, during participation in the above program until our family physician can be contacted.

DATE _____ PARENT OR GUARDIAN SIGNATURE _____

2023

RUSH CITY

AQUATIC CENTER



**LOCATED AT 305 SOUTH ELIOT
AVENUE IN DOWNTOWN RUSH CITY
320-358-3074**



RUSH CITY AQUATIC CENTER 2023

POOL OPENS JUNE 9th / CLOSES AUGUST 20th



Pool includes a 165. ft slide, diving pool, lap pool, zero entry play area and a 26 ft. drop slide

Hours: 12:30-6:30 Sunday through Saturday

We are excited to announce that, new this year, we will be accepting credit and debit cards for payment along with checks and cash. Please watch our website for continued details regarding the ability to buy tickets in advance to come to the pool.

POOL HOURS/ADMISSION PRICES

If you come to the pool between 12:30 & 3:00 p.m., this will allow you to swim the entire day until 6:30:

* 8 and under	\$6.00	*Children 12 months of age or less are admitted free.
* 9 - 61	\$9.00	
* 62 and up	\$6.00	
* Household Pass	\$30.00 (household pass includes all family members living in a single household) (Not extended family members)	

If you come to the pool between 3:00 & 5:00 p.m., this will allow you to swim until 6:30:

* 8 and under	\$5.00	*Children 12 months of age or less are admitted free.
* 9 - 61	\$7.00	
* 62 and up	\$5.00	
* Household Pass	21.00 (household pass includes all family members living in a single household) (Not extended family members)	
* Nightly Special (5:00-6:30)	\$2.00	

**\$1.00 admission charge for anyone who enters the pool and does not swim.

Pool patrons who choose to leave and return during the open swimming session must get their hand stamped before leaving. You will then be allowed to re-enter on this same day at no charge. If you do not get your hand stamped, you will have to pay to re-enter.

DAILY SWIM SCHEDULE:

12:30-1:50	Swim
1:50-2:00	Break
2:00-3:20	Swim
3:20-3:30	Break
3:30-4:50	Swim
4:50-5:00	Break
5:00-6:30	Swim



**If extremely warm,
more frequent breaks
may be taken.

SUNDAY SPECIAL:

1 free admission with every paid
Admission of equal or greater value.

SUNDAY
SPECIAL

PASSES: (Non Refundable and Non Transferable)

Individual Season Pass:	
8 years of age & under	\$100.00
Nine to Sixty-One	\$180.00
Sixty-two & up	\$100.00
Household Season Pass:	\$300.00

POOL PASS

Household pass includes all family members living in a single household. One PCA or full time babysitter may be added to the household pass, but may only be used when with members of that household. "Extended family members will not be honored on a household pass. Rush City Schools reserves the right to reject any or all season pass applications. Applicants may be required to provide proof of residency

REFUNDS: (ALL SALES ARE FINAL)

- * No cash refunds will be given to patrons if the pool closes due to weather.
- * Passes for a free session of swimming will be given to patrons if pool is closed due to weather after being open for less than half of the session.
- * Passes will be given to patrons if pool is closed any time due to "other" circumstances/incidents as determined by management.
- * Pool may be closed by management due to weather, chemical conditions, lack of patrons, or other conditions that threaten the safety/comfort of patrons.

Water Aerobics:
Mondays & Thursdays
6:35-7:35
Begins June 12th
Call Aquatic Center after
June 9th
For more information.



\$5
EACH
CLASS

Swimming Lessons	Resident Tuition: \$50.00	Non-Resident Tuition: \$55.00
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3 Sessions Offered: (could change due to staffing)

***June 19-30 M-F**

Sign up June 3

10:00 a.m. - 12:00 noon @ RC Aquatic Center

***July 10-21 M-F**

Sign up June 24

10:00 a.m. - 12:00 noon @ RC Aquatic Center

***August July 31-Aug 11 M-F**

Sign up July 22

10:00 a.m. - 12:00 noon @ RC Aquatic Center

(10 Days x 40 Minutes)

LEVELS:

Preschool Aquatics

Level 1 - Introduction to Water Skills (must be 5 years of age)

Level 2 - Fundamental Aquatic Skills

Level 3 - Stroke Development

Level 4 - Part 1 - Stroke Improvement

Level 4 - Part 2 - Stroke Improvement

Level 5 - Stroke Refinement

Level 6 - Personal Water Safety / Fitness Swimmer

**Resident
Tuition:**

\$50.00

\$50.00

\$50.00

\$50.00

\$50.00

\$50.00

\$50.00

\$50.00

**Non-Resident
Tuition:**

\$55.00

\$55.00

\$55.00

\$55.00

\$55.00

\$55.00

\$55.00

\$55.00



*Swimming lesson registration for residents and non-residents will be on the same day. You **MUST** sign up in person. No mail registrations will be accepted.

*Sessions/Classes will be on a first come basis.

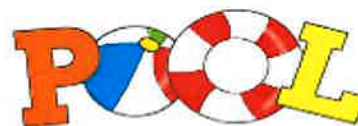
*Maximum of 150 kids per session.

*Swimming Lesson Fees are non-refundable.

*Transfers will be made up to four (4) working days before the session/class is scheduled to begin.

* Payment is due at sign up.

*Notification of lesson times will be sent by mail.



LIL' TOTS SWIMMING LESSONS

LIL' TOTS I

Enjoy swimming with your child! This class builds swimming readiness by emphasizing fun in the water.

Ages: 6-24 months

Tuition: \$30.00

Time: 6:35-7:05 (30 minutes)

Days: Tuesdays (8 sessions)

June 20, 27; July 11, 18, 25; August 1, 8, 15

Sign up: Tuesday, June 13th @ Aquatic Center from 12:30 p.m. to 6:30 p.m. First come basis.



LIL' TOTS II

Will increase water familiarity and confidence for children 24-48 months.

Ages: 24-48 months

Tuition: \$35.00

Time: 6:35-7:15 (40 minutes)

Days: Wednesdays (8 sessions)

June 21, 28; July 12, 19, 26; August 2, 9, 16

Sign up: Tuesday, June 13th @ Aquatic Center From 12:30 p.m. to 6:30 p.m. First come basis.

HOUSEHOLD PASS

Household pass includes all family members living in a single household. One PCA OR full time babysitter may be added to the household pass, but may only be used when with members of that household. Extended family members will not be honored on a household pass. Rush City Schools reserves the right to reject any or all season pass applications. Applicants may be required to provide proof of residency

PRIVATE RENTAL

SATURDAYS ONLY

- * 10:00 a.m. - 12:00 noon
- * \$150 per hour
- * limited to two (2) hours
- * Rate could increase if large party uses pool
- * Appropriate forms must be filled out
- * Forms available upon request



Private Lessons Available

Private Lessons are 30 minutes in length. Times and dates will be set up according to facility and instructor availability.

Cost is \$20 per lesson per student.

Maximum 2 students.

Contact the pool manager @ 320-358-3074.

FAIR DATES

Normal pool hours
July 20-23

CHUCK-A-DUCK

On random days throughout the Summer, we will do our Chuck-A-Duck contests. Land your duck closest to the "Mama Duck" & win cool prizes or passes to the pool. Look for signs at the pool for the days when this will take place. Proceeds to be used to purchase a new "funbrella."



BIG SPLASH AT THE POOL

July 16th

Carnival Games, Food, Lucky Duck Race, Chuck-a-Duck & More!!!

12:00-4:00 P.M.

Open Swimming/Water Slide

12:30-6:30 P.M.

\$2
Admission per
person to swim

ADMISSIONS PUNCH CARD

Good for 12 individual sessions. Punch cards for ages 9-61 are \$90.00. Punch cards for 8 & under and 62 & up are \$60.00. Two sessions FREE! Punch cards may be used by family members only (unless parent/ guardian is present). Cards will remain in the concessions area and are non-refundable.

Daily Swim Schedule:

OUR
SCHEDULE!

12:30-1:50	Swim
1:50-2:00	Break
2:00-3:20	Swim
3:20-3:30	Break
3:30-4:50	Swim
4:50-5:00	Break
5:00-6:30	Swim



CONCESSIONS PUNCH CARD

Each punch card will cost \$10.00. Punches will be in 25¢ increments. Punch cards will remain in the concession stand and may be used for purchases of concessions only and only by the person whose name appears on the card. Punch cards are non-refundable.

****If extremely warm,
more frequent breaks
may be taken.**

MISCELLANEOUS INFORMATION

POOL CLOSURE POLICY:

The Rush City Swimming Pool may be closed by the Pool Management for any one of the following reasons:

1. Air temperature is 68 degrees or below.
2. Rain or drizzle.
3. Hazardous weather, including thunderstorms, lightening, hail or tornadoes.
4. Winds above 20 miles per hour.
5. Building, pool, pool area, or chemical conditions of the pool below acceptable conditions.
6. Inadequate or poor lighting conditions.
7. Ten (10) people or less in the pool and the pool has been open for at least one hour.
8. Other conditions that threaten safety or comfort of pool patrons.
9. Managers Discretion



MANAGEMENT DISCRETION:

The pool management reserves the right to add or delete rules that are in the interest of the patrons for a safe, well run pool for all. This list of rules is meant as a guideline only, and should not be considered to be a final listing of all rules or policies. Furthermore, all staff employees, through supervision of management, have the right and duty to protect and enforce all necessary rules and regulations to protect the safety of all. Management has the right to remove any patron who does not follow rules and regulations in regard to safety of all individuals. The removal of an individual could carry a 24 hour eviction, 3 day eviction, 10 day eviction or removal for the summer.

NO GUM, FOOD OR DRINK:

Please help keep the pool and locker rooms clean. Individuals cannot bring food or drink from the outside (home) into the aquatic center, or fenced in concessions area. All items sold at the concessions stand, if consumed in pool area, must be confined to the fenced in concessions area.

WEAR A SWIMSUIT

Cut-offs (even hemmed) or other street clothes are not allowed in the pool. No zippers or metal of any type on any type of clothing will be allowed. These types of clothes are not suitable for swimming, and may hamper your swimming ability.

TOYS ALLOWED

Face masks, goggles, snorkels and fins, owned by patrons will be allowed.

NO PERSONAL FLOTATION DEVICES:

Lifejackets, styrofoam blocks, flotation toys, and blow up arm bands give a non-swimmer/swimmer a false sense of security and do not replace proper supervision, and this will not be allowed.



**DIVE
SAFELY!**

CONCESSION STAND

Please stop by our concessions area for ice cream treats, snacks, pop, water, candy, nachos and lots of other goodies. Please remember that no food is allowed in the pool area, however, bottled pop and water is acceptable.

Ice Cream & Snacks!

RULES/REGULATIONS FOR SWIMMING LESSONS

1. DO NOT SHOW UP MORE THAN 15 MINUTES PRIOR TO THE START OF YOUR LESSONS.
2. PLEASE STAY OFF POOL DECK UNTIL YOUR TIME FOR LESSONS.
3. MAKE SURE YOU ARE OUT OF THE BUILDING 10 MINUTES AFTER YOUR SWIMMING LESSON. SESSION HAS ENDED FOR THE DAY. ARRANGE YOUR PICK UP TIME ACCORDINGLY.
4. LOCKS WILL NOT BE AVAILABLE. INDIVIDUALS MAY BRING THEIR OWN LOCKS, BUT MUST REMOVE THEM AT THE END OF EACH DAILY SWIMMING LESSON. THOSE LOCKS LEFT AT THE END OF THE DAY WILL BE REMOVED (CUT OFF) BY POOL STAFF.
5. AQUATIC CENTER NOT RESPONSIBLE FOR LOST OR STOLEN ARTICLES.
6. INDIVIDUALS ARE REMINDED THAT DURING SWIMMING LESSONS FOOD OR DRINK SHOULD CONSUMED IN THE FENCED AREA FOR THE CONCESSIONS.
7. REGULAR SWIMMING SUITS ARE REQUIRED. CUTOFFS (EVEN HEMMED), OR OTHER STREET CLOTHES ARE NOT ALLOWED IN THE POOL. NO ZIPPERS OR METAL OF ANY TYPE ON ANY CLOTHING WILL BE ALLOWED.
8. CHECK TO MAKE SURE YOU HAVE ALL YOUR PERSONAL BELONGINGS BEFORE YOU LEAVE THE LOCKER ROOM AREA. (THIS INCLUDES YOUR LOCK)
9. ABSOLUTELY NO RUNNING, GOOFING AROUND, OR HORSEPLAY WILL BE TOLERATED.
10. SWIMMING LESSONS WILL BE HELD REGARDLESS OF THE WEATHER. A PORTION OF THE LEARN TO SWIM PROGRAM IS WORKING ON THE DEVELOPMENT OF AQUATIC SAFETY SKILLS. SOME OF THESE SKILLS WILL BE DISCUSSED AND PRACTICED OUT OF THE WATER. BE SURE TO COME TO THE POOL PREPARED FOR COOL WEATHER BY WEARING WARM CLOTHES OVER YOUR SWIMSUIT. SAFETY SKILL DEVELOPMENT IS AN IMPORTANT PART OF EVERYONE'S AQUATIC EDUCATION.
11. PARTICIPANTS IN LEVELS 4, 5, & 6 SHOULD HAVE GOGGLES AVAILABLE.



**Aquatic Center Information also
posted on our website:**

www.rushcity.k12.mn.us

Click on Community

BAD WEATHER?

**If weather is questionable,
call ahead before coming to
open swim or water aerobics.**

Swimming Lessons Registration Form

Name: _____ M _____ F _____

Address: _____

Grade in school April 15, 2023 _____ Birthdate _____ Phone _____

Tuition: Resident (in school district) \$50.00 / Non-Resident \$55.00

Session One: June 19-30	Sign up June 3	**Maximum of 150 kids per session
Session Two: July 10-21	Sign up June 24	**Sessions filled on a first come basis for residents & non-residents
Session Three: July 31-August 11	Sign up July 22	**All sign ups are at the RC Aquatic Center 10:00 a.m. - 12:00 noon
**Swimming Lesson Fees are non-refundable.		

We try to accommodate carpool & daycare needs when possible. Please list requests below:

Please check the level on the back side of this sheet that your child should participate in. Please note that the child must have successfully completed each level prior to the one checked. You must fill out the registration form completely and turn it in when you register. All registration must be done in person at the Rush City Aquatic Center on scheduled sign up days. \$50.00 for residents and \$55.00 for non-residents. Payment is due at registration. You will be notified by mail of the time your child is scheduled for lessons.

Liability Release and Medical Care Authorization

I hereby release this aquatic center, recreation department, coaches and/or other sponsors from any liability to my son or daughter for any reason of any kind or nature. I authorize this recreation department and/or their team physician to treat an injury to my son/daughter; the aforesignated individual during participation in the above program until our family physician can be contacted.

Parent/Guardian Signature _____ Phone# _____

Family Physician _____ Phone# _____

Relative/Friend to contact in case of emergency: _____ Phone# _____

Relative/Friend to contact in case of emergency: _____ Phone# _____

Health/Medical problems we should be aware of: _____

Please fill out both the front and the back of this registration form! Thank you!



Student Name:

Preschool Aquatics

Class size limit 10 students. This level will help children gain basic aquatic skills, greater independence in their skills and gain basic swimming skills around water. Some skills include: Entering/exiting water, blowing bubbles, submerging mouth, nose and eyes, opening eyes under water and retrieving objects, bobbing, front/back glides, treading with arm and hand actions, treading water using arm and leg actions.

Level 1 (must be 5 years of age) **Introduction to Water Skills**

Purpose: Learn how to feel comfortable in the water. Safety topics include basic water safety rules, use of life jackets and how to get help for a swimmer in distress. Course content includes: supported floating and kicking on front and back, swimming on front and back using alternating and simultaneous arm and leg action with support, water safety rules, how to get help in an emergency, fundamentals of using a life jacket.

Level 2 Fundamental Aquatic Skills

Purpose: Students experience success with fundamental skills. Skills from Level 1 are now performed independently. Course content includes: jump independently into shoulder-deep water, submerging entire head, open eyes under water, pick up object, changing direction of travel on front and back, float and glide on front and back, combined stroke on front and back, roll over front to back, back to front, fundamentals of reaching and throwing assist, front, jellyfish and tuck float positions, tread water.

Level 3 Stroke Development

Purpose: Build on skills in level 2. Safety topics include the reaching and throwing assists and the use of check-call-care in providing emergency care. Course content includes: jump into deep water, dive from a kneeling and sitting position, bobbing while moving toward safety, tread water, survival float and back float, swim front crawl using rhythmic breathing, swim using the scissors and dolphin kick, swim elementary back stroke.

Level 4 / Part 1 Stroke Improvement

Purpose: Continue to improve skills worked on in Level 3 as well as learn the open turns for front crawl and elementary backstroke. Course content includes: swim front crawl 25 yards, swim elementary backstroke 25 yards, sidestroke 15 yards, pushing off using flutter and dolphin kicks on front and back.

Level 4 / Part 2 Stroke Improvement

Purpose: Continue to develop strokes worked on in Level 4, Part 1. Safety topics include safe diving rules, throwing and reaching assists. Course content includes: dive from compact and stride positions, perform feet-first surface dive and swim under water, perform open turns on front and back, survival swimming, treading water, swim breast stroke, butterfly, and back crawl 15 yards each.

Level 5 Stroke Refinement

Purpose: Develop coordination and refinement of strokes. Safety topics include sculling and water safety rules and precautions. Course content includes: perform a long shallow dive, perform tuck and pike surface dives, perform flip turns, tread water for 5 min., swim front crawl and elementary back stroke 50 yards each, swim butterfly, breaststroke, back crawl, and sidestroke 25 yards each.

Level 6 Personal Water Safety/Fitness Swimmer

Purpose: Improve stroke efficiency & endurance so students swim them with ease, efficiency, power & smoothness over greater distances. Safety topics include boating safety & the HELP and Huddle positions. Course content includes: perform open turns, back and survival float for 5 min. each, tread water using legs only for 2 min., survival swim 10 min. while clothed, surface dive & retrieve object from bottom, swim front crawl elementary backstroke 100 yards each, swim breaststroke, butterfly, back crawl and sidestroke for 50 yards each.