



Ironwood SWIMMING PROGRAM

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Facility Information

Ironwood Golf & Country Club offers the finest pool and swimming facilities to help our members relax and enjoy the warm summer days here in Omaha.

The Pool Facility Includes:

- Junior Olympic Size Swimming Pool
- Tall Water Slide with Winding Curves
- Baby Pool with 2 Slides and Water Cannons

Ironwood Golf & Country Club also offers a wide range of swimming activities and lessons for our junior members.

Junior Swimming Activities Available:

- Group Swim Lessons
- Private Swim Lessons
- Whales Tales
- Ironwood Swim Team
- Diving Clinic
- Dive-In Movies for the Entire Family



Pool Hours

The Pool is open 6-days a week from Memorial Day weekend through Labor Day weekend with the following hours:

Pool Hours of Operation:

Tuesday - Friday	11:30am - 8:00pm
Saturday - Sunday	11:00am - 8:00pm

Please note: There is a certified lifeguard on duty at all times. The Pool Manager will supervise the Pool and Fitness Center, and the Snack Bar will be supervised by the Food and Beverage Manager. Please call 333-7500 if you have any questions or concerns.

Swim Lessons

Ironwood is a preferred provider of American Red Cross Learn-To-Swim courses. This program provides our members with the highest quality of swimming lessons and teaches them safety when they are in, on, or around water. Our goal is to provide each child with caring and personalized attention while they learn life enriching skills. All instructors are trained and certified by the American Red Cross, so swimmers of all ages and abilities are in good hands. Each child will receive an evaluation report card and completion certificate issued through the Red Cross at the completion of each session. Parents are also welcome to get involved in their child's swimming lessons by attending lessons and providing positive encouragement.

Ironwood Learn-To-Swim Course Descriptions:

- **"Mommy & Me"** - Developed for children 6 months to 5 years of age. Parents and children participate together in guided sessions to help children learn elementary skills including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.
- **Level 1: Introduction to Water Skills** - Program helps students feel more comfortable in the water. Students learn skills like exhaling underwater, opening eyes underwater, swimming on front and back using arm and leg actions with support, and more.
- **Level 2: Fundamental Aquatic Skills** - Program gives students success with fundamental skills like floating on front and back without support, rolling over from front to back, changing direction of travel paddling, treading water using arm and leg motions, and more.
- **Level 3: Stroke Development** - Builds on the skills of Level 2 including performing front and back crawl, learning the Butterfly kick and body motion, floating on front and back in deep water, diving from kneeling or standing position, and more.
- **Level 4: Stroke Improvement** - Improves aquatic skills like diving from a standing or stride position, swimming underwater, performing open turns on front and back, performing the Front and Back Crawl, Breaststroke, Butterfly, and Elementary Backstroke, and more.
- **Level 5: Stroke Refinement** - Provides further coordination and refinement of strokes. Students learn to perform a standing dive, shallow dive, tuck surface dive, pike surface dive, front flip turn, backstroke flip turn, and more.

Group Swim Lessons



Group swimming lessons are available to Ironwood members and their families. All group swimming lessons follow the Red Cross program and guidelines, and provide swimmers with certification when a level is passed. Each instructor is highly trained and certified through the Red Cross. Group lessons consist of 8 sessions, 30 minutes to an hour in length. All group lessons have a 6 to 1, student to teacher ratio, to ensure the highest quality instruction for each child. There are a range of dates and times available for group lessons, beginning in June and ending in August. Both morning and evening classes are available. Enrollment begins in May.

Please contact Jodi Bartling at 333.7500 to register or for additional information.

Swim Team

The Swim Team is open to children 5-18 who are able to complete one lap in any of the four strokes (Butterfly, Backstroke, Breaststroke, or Freestyle). Practice begins the first week of June and the season runs to the middle of July.

Practice Includes:

- Refining stroke technique
- Diving from the blocks or the side
- Endurance
- Teamwork
- Fun!

Swim Meets Include:

- Everyone swims in at least one event and/or relay
- Everyone who participates receives a ribbon
- Competition
- Teamwork
- Fun!

Additional Information:

- Ironwood has over 40 swimmers who participate on the Swim Team.
- Ribbons are awarded for each swim meet.
- Trophies and medals are given to any individual placing in the top six at the championship meet.

For more information or to sign up, email Meredith Kinman at meredithkinman@hotmail.com.

Private Swim Lessons

Private and Semi-Private swim lessons are available to Ironwood members and their families at an additional cost. Private lessons include one child, and Semi-Private lessons include 2 children. All lessons will follow the Red Cross program. Members can choose from 4, 1 hour classes, or 8, 30 minute classes.

Interested members should contact Jodi Bartling at 333.7500.

Whales Tales



Whales Tales is a water safety program that is built into every skill level and lesson. Eight safety presentations follow "Longfellow" the whale in different situations that teach students about safety in and around the water.

Diving Clinic

Four Diving Clinic Sessions will teach kids all about diving! Regardless of your skill level, the Diving Clinic promises to be fun and informative. From the Flopper learning basic dives, to the Flipper learning front and back flips, fun will be had by all!

For more information please contact Jodi Bartling at 333.7500.

