



GARRISON PARKS & REC

Activities

Garrison Parks & Recreation District
Board Members

Laura Hellebush, Chairman
Danielle Rensch, Heidi Smith,
Marlene Smith, Amber Klingbeil
Darla Mautz, Sec.

Sandy Crawford, Parks & Rec Manager
Ramsey Crawford, Park & Rec Asst. Manager
Gary Erickson

Garrison Parks &
Recreation District
is not responsible
for accidents.

2016 Summer Pool

Early Bird Registration

Take \$10 off cost per family if paid by May 1st. Regular price after May 1st. \$20 late fee after May 31st.

PROGRAM CANCELLATION

Programs may be cancelled due to insufficient enrollment.
NO swim lessons, ball games or practice
July 1 - July 5.

Call 463-2820 (rink) or 463-2751 (pool) after 7:00 a.m.
 if weather is questionable about swimming lessons or rec programs
Check facebook at Garrison Parks & Recreation

Order additional shirts for yourself, parent or family members?

Design to be announced when winner is picked



____ Youth \$12 \$ _____
 ____ Adult S-XL \$13 .. \$ _____
 ____ 2XL \$15 \$ _____
 ____ 3 XL \$16 \$ _____
 Total..... \$ _____

Mail your T-shirt order with your registration form below by May 31, 2019



Youth Golf Lessons

Tuesdays in June

9:00-11:30 a.m. • Garrison Golf Course
 Learn the basics of golf. Clubs available or bring your own clubs. Spend 2.5 hours each session on the driving range and putting green learning how to use different clubs. Lessons are free to youth ages 8-14. **To register for lessons call the clubhouse at 337-5420.** Hot Dogs and Pop for \$1 served after the lessons in the clubhouse if you're hungry. Kids age 14-18 lessons TBA. Call clubhouse or Tom Fitzgerald at 701-460-0345 after May 10th for info.
 An optional/additional time for older kids will be available in the evenings.

REGISTRATION FORM

ALL registration for ball programs, swimming lessons and season tickets will be done through the mail this year. **(There will be NO registration at the pool.)** Fees **MUST** be paid prior to participation in any program. Please mail this form along with your payment to: Garrison Parks & Rec, PO Box 850, Garrison ND 58540. Or drop off at Park & Rec Office at the Skating Rink. Please use a different form for each child.

Child's Name _____ Age _____
 Parent's Name _____
 Parent's (H) Phone _____ (Cell) _____

- \$40.00 T-Ball
- \$40.00 Little League
- \$40.00 Pee Wee Baseball
- \$40.00 Girls Softball
- family rates \$75 for 2 - \$110 for 3+ for above programs*
- \$65.00 Babe Ruth Baseball
- \$130.00 Pool-Season Family Pass.....
- \$70.00 Pool-Season Single Pass
- \$120.00 Pool Parties (Sun. nights) (2 hours)....

T-Shirt Size: Circle One
 Adult: S M L XL Youth: S M L XL

Swimming Lessons:
 \$50.00 per lesson, which Session _____ What Level _____

Registration deadline: May 31, 2019

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GARRISON SWIMMING POOL

PHONE 463-2751

Pool Hours: Mon – Sat 1:00 p.m. – 5:00 p.m. and
7:00 p.m. – 9:00 p.m.; Sun 1:00 p.m. – 5:00 p.m.

Family Season ticket: \$130.00 (Immediate Family only)

Single Season Ticket: \$70.00 **Daily Fee:** \$5.00

Lessons: Session 1, June 10-21

Session 2, July 8-19; Session 3, July 22-Aug 2

A fee of \$50.00 per person will be charged
for lessons per session.

Lessons will not be made up because of bad weather.

Lesson Times: To Be Announced

**Red Cross Swimming Levels &
Some requirements to pass each level**
(complete list at registration)

Level 1 - INTRODUCTION TO WATER SKILLS. Helps participants feel comfortable in the water. Enter and exit water using ladder, steps or side. Blow bubbles through mouth and nose; bobbing; open eyes under water; tread water using arm and hand actions; front and back floats.

Level 2 - FUNDAMENTAL AQUATIC SKILLS. Gives participants success with fundamental skills. Fully submerge and hold breath; bobbing; open eyes underwater and retrieve submerged objects; front, jellyfish and tuck floats; front and back glides and back float; change direction of travel while swimming on front or back; tread water using arm and leg actions.

Level 3 - STROKE DEVELOPMENT. Builds on the skills in level 2 through additional guided practice in deeper waters; headfirst entry from the side in sitting and kneeling positions; rotary breathing; survival float; back float; push off in a streamlined position then begin flutter and dolphin kick on front.

Level 4 - STROKE IMPROVEMENT. Develops confidence in the skills learned and improves other aquatic skills. Swim under water; feet first surface dive; survival swimming; front crawl and backstroke open turns; front and back crawl, elementary backstroke, breaststroke; sidestroke and butterfly; push off in a streamlined position then begin flutter and dolphin kicks on back.



**OPENING
June 3
FIRST DAY FREE**

Level 5 - STROKE REFINEMENT. Provides further coordination and refinement of strokes. Shallow-angle dive from the side; shallow-angle dive from the side then glide and begin a front stroke; tuck and pike surface dives; front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly; standard scull.

Level 6 - Front crawl, 100 yards; front crawl with flip turns; back crawl, 100 yards; breaststroke, 25 yards; breaststroke open turn; breaststroke speed turn; sidestroke turn; racing dives, long shallow dives, butterfly, 10 yards; pike surface dive; tuck surface dive; tread water, 3 minutes, 1 minute no hands.

Level 7 - Designed with options that focus on preparing participants for lifetime fitness and safety, as well as more advanced course, such as the Water Safety Instructor course, or other aquatic activities, including competitive swimming or diving. Options include: Personal Water Safety; Fitness Swimmer; Fundamentals of Diving.

**For updates and cancellations
check facebook at
Garrison Parks & Recreation**

This year the ball programs will Offer:

**T-Ball, PeeWee, Girls Softball,
Little League, Babe Ruth**

There will be NO practice
or games week of July 1

There will be an
**INFORMATIONAL
MEETING**
before the season

The players will be exposed to regular competition and drills that will help them grow and develop into a baseball player that is ready for the next level.

T-BALL

For Boys and girls recommended ages 5, 6 and 7

- **Location: Pool Field
- **Starts: Wednesday June 5th
- **Ends: Friday, July 26
- **Fee: \$40.00
- **Time: TBA

In T-ball boys and girls will learn the basic fundamentals of fielding, base running, and hitting by being shown the proper way to throw the ball, catch the ball, and swing a bat.

PEE WEE BASEBALL

For boys and girls recommended ages 8-10

- **Location: Pool Field
- **Starts: Monday, June 3
- **Ends: Friday, July 26
- **Fee: \$40.00
- **Time: TBA

In Pee Wee boys and girls will have the basic fundamentals reinforced and expanded on. They will be shown how to play certain positions as well as how to work together as a team.

LITTLE LEAGUE BASEBALL

For boys and girls recommended ages 11 and 12

- **Location: Pool Field
- **Starts: Monday June 3
- **Ends: Friday, July 26
- **Fee: \$40.00
- **Time: TBA.

In Little League boys and girls will review the basic fundamentals, expand on them, and learn some advanced baseball fundamentals regarding hitting, fielding, and pitching.



Get out of the
house and onto the
playing field. Have fun
learning the game and
getting exercise too!

BABE RUTH BASEBALL

For recommended ages 13-15

Will offer if enough kids sign up for team

- **Location: Babe Ruth Lake
- **Fee: \$65.00
- **Time: TBA

In Babe Ruth the players will be taught specific baseball skills that are based on their individual skill level and interests.

Girls Softball

For Girls ages 8-15

- **Location: Jake Hummel Softball Complex
- **Starts: Wednesday June 5
- **Ends: Friday, July 26
- **Fee: \$40.00
- **Time: TBA

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