

Harrisonville Parks & Recreation

Learn to Swim

Spring Sessions:

Mar. 8th - Mar. 24th:	Mon & Wed
Mar. 9th - Mar. 25th:	Tue & Thurs
Mar. 29th - Apr. 14th	Mon & Wed
Mar. 30th - Apr. 15th:	Tue & Thurs

Evening Class Times:

Swimmer 2 & Parent/Child	6:00 pm
Beginner 1 & Intermediate	6:45 pm
Beginner 2 & Swimmer 1	7:30 pm

Each class is 35 minutes in duration | Cost: \$40 Per Swimmer/Per Session

Private swim lessons available | Cost: \$15 Per Swimmer/Per Lesson

Advanced Swim:

Each class is 1 hour in duration | Class time 6pm to 7pm

Cost: \$50 Per Swimmer/Per Session

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Mar. 29th - Apr. 14th: Mon & Wed; Mar. 30th - Apr. 15th: Tue & Thurs

Note: Registrations on all swim programs must be made no later than the Friday prior the start date of the first lesson. Late registrations will not be allowed.

Register online or call the Front Desk at 380.8980, ext. 6 for more info.



HARRISONVILLE COMMUNITY CENTER

2400 Jefferson Pkwy Harrisonville, MO 64701
www.HPARKS.com | (816) 380.8980

"Let us be the best part of your day and first choice for Health, Fitness, & Fun!"

Which Swim Lesson Is A Good Fit for My Child?

Parent/Child (Shrimp)

This class is intended for children 6 months to 3 years old. You and your child will learn how to become more comfortable in the water. Parent or guardian required to be in the water.

Beginner 1 (Seahorse)

Your child must be at least 3 years old. (Exploration) This level will be working on: fully submerging face, supported floats on front/back, supported flutter kicks on front/back and entering the pool safely by themselves.

Beginner 2 (Starfish)

Your child needs to be able to float on their front and back with support. (Basic skills) This level will be working on: Retrieving object in chest deep water, floating on front and back unsupported, unsupported flutter kick on front and back.

Intermediate (Guppy)

Your child needs to be able to float on their front and back without support. (Stroke readiness) This level will be working on: jumping into the deep water from side of the pool, coordinating arm stroke for crawl with breathing to the side, coordinating back stroke, learning to tread water, and elementary back stroke.

Swimmer 1 (Flipper)

Your child needs to be able to swim 10 to 15 yards of the crawl stroke, and 10 to 15 yards back crawl. (Stroke Development) This level will be working on: swimming the front/back crawl for 25 yards, Treading water with modified scissors and rotary kicks, elementary backstroke for 10 yards, learning the basics to the breaststroke, and side-stroke.

Swimmer 2 (Seal)

Your child needs to be able to swim 25 yards of front and back crawl, and will need to know the basics to the breaststroke, and sidestroke. (Stroke Refinement) This level will be working on: underwater swimming, butterfly dolphin kick, swimming a distance of 50 yards in both the front/back stroke & learning to tread water for two minutes.

Advanced Swim (Sailfish/Barracuda)

Your child needs to be able to swim 50 yards of breaststroke, & sidestroke. Students are introduced to the butterfly, and front & back crawl flip & turns. Students endurance will increase. Students will refine & review all strokes & turns. Junior Lifeguarding skills will be taught.

