



2016 SWIM & DIVE LESSON PROGRAM



SWIM LESSONS

MORNING LESSONS	2 week session (M1-M8)	Mon-Thurs.	R \$54 NR \$64
10:40 a.m.	M1: 6/6-6/16	M2: 6/20-6/30	M3: 7/11-7/21
11:15 a.m.	M5: 6/6-6/16	M6: 6/20-6/30	M7: 7/11-7/21
			M4: 7/25-8/4
			M8: 7/25-8/4
EVENING LESSONS	4 week session (T1-T2)	Tues & Thurs.	R \$54 NR \$64
7:40 p.m.	T1: 6/7-6/30	T2: 7/12-8/4	
SATURDAY LESSONS	4 week session (A1-A2)	Saturday	R \$37 NR \$47
9 a.m.	S1: 6/4-6/25	S2: 7/9-7/30	

DIVE LESSONS

MORNING LESSONS	2 week session (M1-M4)	Mon-Thurs.	R \$50 NR \$60
10:40 a.m.	M1: 6/6-6/16	M2: 6/20-6/30	M3: 7/11-7/21
			M4: 7/25-8/4
EVENING LESSONS	4 week session (T1-T2)	Tues & Thurs.	R \$50 NR \$60
7:40 p.m.	T1: 6/7-6/30	T2: 7/12-8/4	
SATURDAY LESSONS	4 week session (A1-A2)	Saturday	R \$33 NR \$43
9 a.m.	S1: 6/4-6/25	S2: 7/9-7/30	

Must register one week in advance. Minimum of four participants needed for class to be held.

Some classes will combine levels.

Must have waiver signed to attend classes.

How to Register

- **Online** at www.kirkwoodmo.org
- **In Person** at the Kirkwood Community Center during regular office hours
- **Phone:** if we already have a signed waiver for your child, call 314-822-5855
- To have a registration form sent to you by email, call 314-822-5855



Kirkwood Parks and Recreation
111 S. Geyer Rd. Kirkwood, Mo 63122
314-822-5855 ~ fax 314-984-5931



Class Descriptions: Some classes may be combined to ensure adequate participation. Age ranges are guidelines; participants skill level should be considered first.

Shrimp: For ages 12 months - 3 years. Swimmers with little or no experience will be taught water safety, floating, bubbling, kicking, arm strokes, object recovering. Parent is in water with child. Class held in family pool.



Sea Horse: For ages 2.5 - 4 years. For those with little or no experience. Skills taught include water safety, floating, bubbling, kicking, arm strokes and object recovering. Child needs to easily separate from parent. Class held in family pool.



Starfish: For ages 4 - 6 years. For those who have completed Sea Horse or can put face in water for at least three seconds. Skills taught include water safety, front kicking, object recovery, bobbing, back float, freestyle arm stroke and intro to kick board. Class held in family pool.



Guppy: For school-age beginners. Skills taught include water safety, freestyle arm stroke, back float with kicking, deep water orientation, bobbing, front float with glide and kicking, object retrieval. Class held in competition pool.



Flipper: Advanced beginner level. Skills taught include water safety, rhythmic breathing with freestyle, back stroke, under water swim, treading water, standing dive, deep water orientation. Class held in competition pool.



Seal: Intermediate level. Skills taught include water safety, rhythmic breathing with freestyle, breast stroke, back stroke, racing dive, treading water for 1 minute. Class held in competition pool.



Sailfish: Advanced level. Swimmers work on all strokes and work on perfecting the racing dive. Class held in competition pool.



Competitive Swimming: Swimmers will concentrate on technique, endurance and development of all four strokes. Instructor will personalize the work out to your child's individual needs. Class held in competition pool.



Diving Class: For ages 6 and up. Learn diving basics on the aquatic center's one meter boards. Morning lessons offered Mon. - Thur. 10:40 - 11:10 a.m. Evening lessons offered Tue. & Thur. 7:40 - 8:10 p.m. Saturday lessons offered 9 - 9:30 a.m. Diving classes follow swim lesson schedule and fees.



Private Lessons: For both youth and adults. Three (3) 30 minute individual lessons, R \$51 NR \$61, one additional family member (with same teacher) additional \$20. Register in person at the Kirkwood Community Center.

Cancellation policy for group lessons: Classes will be cancelled for the following reasons: thunder, lightning, heavy rain and low temperatures (we will follow the same cancellation policy as the pool). Please call 314-984-6972 thirty minutes prior to class time for information regarding lesson status.

Make-up policy for group lessons: In the event of a weather cancellation we will schedule a make up class at the earliest opportunity.

Refund Policy: All participants canceling from a program voluntarily must present the request in writing. All refunds will be assessed a minimum \$5 service charge. Participants that cancel voluntarily less than one week prior to the start of the program may only receive a partial or prorated refund based on type of program and time of cancellation.

**The Recreation Station
Family Aquatic Center
Swim & Dive Lesson Program
Kirkwood Parks & Recreation Department**



For further information on the swim & dive lesson program,
please call 314-822-5855.
