



# Swim & Dive Lesson Program



Morning Lessons	Evening Lessons	Saturday Lessons
Monday - Thursday <i>*Dive only offered at 10:40 a.m.</i> 10:40 - 11:10 a.m. or 11:15 - 11:45 a.m.  Session 1 or 5: June 6-16 Session 2 or 6: June 20-30 Session 3 or 7: July 11-21 Session 4 or 8: July 25-Aug 4 <b>R \$46 NR \$56</b>	Tuesday & Thursday 7:40 - 8:10 p.m.  Session T1: June 7-30 Session T2: July 12-Aug 4  <b>R \$46 NR \$56</b>	9:00 - 9:30 a.m.  Session A1: June 4-25 Session A2: July 9-30  <b>R \$32 NR \$42</b>

Minimum of four participants needed for class to be held. Some classes will combine levels.

### How to Register:

- **In Person** at the Kirkwood Community Center during office hours: *Monday - Thursday 8:00 a.m. - 7:30 p.m. Friday 8:00 a.m. - 5:30 p.m. or Saturday from 9:00 a.m. - Noon.*
- **By Mail** by sending the form below to: *Swim/Dive Lesson Program, 111 S. Geyer Road, Kirkwood, MO 63122.* Make checks payable to Kirkwood Recreation Department.
- A participant registration form (with original signature) must accompany payment for the first set of lessons for the season. All additional sessions may be signed up for over the phone.

## Swim & Dive Lesson Registration Form

Parent/Guardian Name \_\_\_\_\_ Primary Phone \_\_\_\_\_ Secondary Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

Child's Name	Date of Birth	Session #	Class Description	Time	Fee

**Please Note:** Swimming and diving can be a dangerous activity. Your physician should be aware of you or your child's participation. Completion of classes does not certify aquatic survival in all environments.

This statement acknowledged by: \_\_\_\_\_

Date: \_\_\_\_\_

*If you need any accommodations due to a disability to participate in the program please list below:*

----- Office Use Only -----

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# Class Descriptions

**Shrimp:** For ages 18 months - 3 years. Swimmers with little or no experience will be taught water safety, floating, bubbling, kicking, arm strokes, object recovering, with parent in water. Class held in family pool.



**Sea Horse:** 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 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 kickboard. 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.



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**Private Lessons:** For both youth and adults. Three (3) 30 minute individual lessons. R \$51. NR \$61. additional family member (with same

**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.

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## 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.

