

# Maryville Aquatic Center

## 2021 Group Swimming Lesson Schedule

- Parent / Child classes are for children age 2 and must have an adult in the water with the child.
- Preschool Classes are for children ages 3, 4 & 5 adult in the water is optional for this year.

- Swim Levels 1 through 5 are open for enrollment to children who have completed kindergarten or are older. **Proof of age is required with registration in Level 1 and Preschool classes.**

### Registration

**Monday, June 7th– June 18th**  
**(1<sup>st</sup> week: 3:00 - 6:00 PM)**  
 Maryville Aquatic Center  
 501 N. Laura

Mail-in and/or phone registrations  
will NOT be accepted

### We Reserve the Right

- To place the child in the Level appropriate for their abilities, regardless of parent placement at registration.
- To alter this schedule at any time depending on insufficient number of enrollments for class and/or instructor availability



		<u>Early Bird Reg.</u>	<u>After June 18th</u>
Parent/Child	4 sessions	\$25.00	\$40.00
Preschool	4 sessions	\$30.00	\$45.00
Level 1-5	8 sessions	\$45.00	\$60.00
Level 6	4 sessions	\$30.00	\$45.00

### Morning/Evening Swim Lessons

Children must have completed kindergarten or be older to enroll in Levels 1-5

Lessons are held Monday through Thursday,  
 Friday is used as a bad weather make-up day

#### Session 1:

**June 21st – June 25th Mon.-Fri.**

8:00-8:30 pm Parent/Child age 2  
 Preschool ages 3, 4 & 5

(no lessons on Wed. 6/23)

#### Session 2:

**July 5th– July 15<sup>th</sup> Mon-Thurs.** ( Preschool only 2<sup>nd</sup> week)

10:00—10:40 am Levels 1, 2, 3, 4, 5  
 11:00---11:30am Preschool Only ( 2<sup>nd</sup> week only)  
 8:00pm--8:40pm Levels 1, 2, 3, 4, 5

#### Session 3:

**July 19<sup>th</sup> – 29<sup>th</sup> Mon-Thurs.**

10:00—10:40 am Levels 1, 2, 3, 4  
 11:00 – 11:40 am Levels 1, 2, 3, 4  
 8:00pm--8:40pm Levels 1, 2, 3, 4, 5

#### Session 4:

**Aug. 2<sup>nd</sup> –Aug. 5<sup>th</sup> Mon-Thurs.** (only 1 week)

10:00—10:40 am Level 6  
 Preschool ages 3, 4 & 5

### Registration Form

**Please Print. Provide one registration form per child if Parent/Guardian information is different. Copy if necessary.**

Participant's Name \_\_\_\_\_ Age \_\_\_\_\_ Session: 1 2 3 4 Level: 1 2 3 4 5 6 Time \_\_\_\_\_  
 or P/C Preschool

Previous Level completed: P/C Preschool/Level 1 2 3 4 5 6 Email: \_\_\_\_\_

Parent/Guardian's Name \_\_\_\_\_ Address \_\_\_\_\_ Zip \_\_\_\_\_

Parent/Guardian's Home Phone \_\_\_\_\_ Parent/Guardian's Emergency Contact Phone \_\_\_\_\_

Enclosed are class fee(s) \$ \_\_\_\_\_ Payment made by  Cash  Check  Credit card

**For more information contact MPR @ 660-562-2923**

# LEARN TO SWIM Skill Progressions Parent/Child and Preschool

## PARENT/CHILD AQUATICS

**Prerequisites:** must be age 2. **Each child must be accompanied by parent or guardian in the water.**

Developed for children 2 years of age, this course builds swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more. This class is designed to teach parents how to teach their own children in the water.

**Children must have completed 1 year of kindergarten or be older to enroll in Levels I - 5.**

**We reserve the right to place the child  
in the appropriate skill level  
regardless of parent's placement at registration.**

**Preschool 1:** Purpose: Orients children to the aquatic environment and helps them gain basic aquatic skills.

- Front and back glides and recover to a vertical position
- Back float and recover to a vertical position
- Open eyes underwater and retrieve submerged object
- Roll from front to back and back to front
- Submerge mouth, nose, and eyes
- Alternating and simultaneous leg and arm actions on front and back
- Combined arm and leg actions on front and back
- Blow bubbles through mouth and nose
- Enter and exit water using ladder, steps or side

### **Preschool 2:**

Purpose: Helps children gain greater independence in their skills and develop more comfort in and around water.

- Enter water by stepping in
- Exit water using ladder, steps, or side
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back floats and glides
- Recover from a front or back float or glide to a vertical position
- Roll from front to back and back to front
- Combined arm and leg actions on front and back

### **Preschool 3:**

Purpose: Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

- Enter water by jumping in
- Fully submerge and hold breath
- Bobbing
- Front floats
- Recover from a front or back float or glide to a vertical position
- Back float and glide
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front and back

# LEARN TO SWIM Skill Progressions Levels 1-5

## Level 1: Introduction to Water Skills

Purpose: Helps students feel comfortable in the water.

Level 1 participants learn to:

- Enter and exit water using ladder, steps, or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes underwater, pick up submerged object
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Front & Back crawl
- Breaststroke & Elementary backstroke

## Level 2: Fundamental Aquatic Skills

Purpose: Gives students success with fundamental skills

Level 2 participants learn to:

- Enter water by stepping or jumping from the side
- Exit water safely using ladder or side
- Fully submerge and hold breath
- Bobbing
- Open eyes underwater, pick up a submerged objects
- Front, jellyfish, and tuck floats
- Front and back glides and floats
- Recover to a vertical position
- Roll over from front to back, back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg motions (chest-deep water)
- Front & Back crawl, Breaststroke & Elementary backstroke
- Swim 15 yards without assistance

## Level 3: Stroke Development

Purpose: Builds on the skills in Level 2 through additional guided practice in deeper water.

Level 3 participants learn to:

- Jump into deep water from the side
- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water using hand and leg movements
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke
- Swim 25 yards without assistance

## Level 4: Stroke Improvement

Purpose: Develops confidence in the skills learned and improves other aquatic skills.

Level 4 participants learn to:

- Headfirst entries from the side in compact and stride positions
- Swim underwater
- Perform feet-first surface dive
- Survival swimming
- Tread water using two different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly
- Flutter and dolphin kicks on back

## Level 5: Stroke Refinement

Purpose: Provides further coordination and refinement of strokes.

Level 5 participants learn to:

- Shallow angle dive from the side then glide and begin a front stroke.
- Tuck and pike surface dives, submerge completely
- Front flip turn, backstroke flip turn, and open turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly
- Sculling

# FOR YOUR INFORMATION

Questions? Contact MPR at 660-562-2923

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## SUMMER SWIM PROGRAM POLICIES

**WEATHER CANCELLATIONS....** Our staff will make every attempt to hold lessons if weather permits. **The Maryville Aquatics Center makes the decision to close the pool due to weather conditions or other unsafe conditions.** On questionable weather days, the Staff will be at the pool to monitor weather conditions hourly and hold lessons when possible. Obvious severe weather will cancel the day/evening lessons. Please listen to KNIM for cancellations or call **the Aquatics Center 660-562-2663 to get the latest information.** Parents will need to use their best judgment as to attending that day's lesson or driving any distance when weather is questionable. **Be sure to include accurate contact information for bad weather calls.**

**UNSAFE WATER CONDITIONS...** Should water conditions provide an unsafe facility to conduct lessons for the day, lessons will be canceled. This does apply to weather and/or water temperatures.

**DISRUPTIVE BEHAVIOR...** instructors cannot effectively conduct a class if time is spent dealing with a disruptive participant or parent. Any swimmer or parent who displays disruptive conduct will be removed from class or class area, either on a temporary or permanent basis. No refunds will be issued in such cases.

**Please Note: Participants with any contagious or communicable conditions, fever, rash, or open wounds or sores will not be allowed to participate in the courses as per City Pool policies.**

**We reserve the right to change or alter this schedule at any time. Classes that do not meet enrollment**

