

Harrisonville Parks & Recreation

Learn To Swim Fall Sessions

Fall Session

Sept. 9th - Sept. 25th: Mon & Wed
Sept. 10th - Sept. 26th: Tues & Thurs
Sept. 30th - Oct. 16th: Mon & Wed
Oct. 1st - Oct. 17th: Tues & Thurs
Oct. 21st - Nov. 6th: Mon & Wed
Oct. 22nd - Nov. 7th: Tues & Thurs

Each class is 35 minutes

Cost is \$40 Per Participant/Session

Private Swim Lessons

Available Upon Request

Cost is \$15 Per Participant/Lesson

Morning Class Times:

Beginner 1	9:00am
Beginner 2	9:45am
Intermediate	10:30am

Evening Class Times:

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



Register online or call Dana Johnson, Aquatics Coordinator, ext. 5989 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;

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

Beginner 1;

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;

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;

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;

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 sidestroke.

Swimmer 2;

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 Strokes;

Your child needs to be able to be able to swim 50 yards in both front/back stroke and able to swim 10 yards of the breaststroke and sidestroke. (Skills proficiency) This level will be working on: Front/back crawl for 100 yards, flip turns, swimming the breaststroke & sidestroke for a distance of 25 yards.

