

Harrisonville Parks & Recreation

Lil' Turkey Swim Lesson Special

**November 11th - 25th
Mon & Wed Evenings**

**November 12th - 26th
Tue & Thurs Evenings**

Each Class is 35 min. in duration | Discounted Cost \$25/per participant

****The dated sessions listed above will receive a discount of \$15.00 off
this one-time holiday special!!**

(Regular cost per participant/per session is \$40.00)

Evening Class Times:

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

Register online or call Dana Johnson, Aquatics Supervisor, 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.

Swimteam Conditioning

Your child needs 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.

