AMERICAN RED CROSS SWIM LESSONS
AT THE LONGVIEW RECREATION CENTER
FALL/WINTER CLASS SCHEDULES

INFANT AND PRESCHOOL (IPAP)
(MONDAYS/WEDNESDAYS 7:30PM – 8:00PM)
> EB Rate = $30/Reg $33 (LVRC Members $25/$28)
Early Bird Deadline is the Friday before 1st day of Class

SESSION 1: AUGUST 10 – AUGUST 26
7:30PM or 8:10PM (40 MIN SESSIONS) 3 Week Session

SESSION 2: OCTOBER 5 – OCTOBER 26
7:30PM or 8:10PM (40 MIN SESSIONS) 3 Week Session

NON-COMPETITIVE SWIM TEAM
(MONDAYS/WEDNESDAYS 7:30PM – 8:30PM)
> EB Rates = $56/Reg $59 (LVRC Members $50/$53) Both Nights
> EB Rates = $33/Reg $36 (LVRC Members $30/$33) One Night
Early Bird Deadline is the Friday before 1st day of Class

SESSION 1: AUGUST 10 – AUGUST 26
6:00PM OR 6:45PM (40 MIN SESSIONS) 3 Week Session

SESSION 2: AUGUST 31 – SEPTEMBER 28
6:00PM OR 6:45PM (40 MIN SESSIONS) 3 Week Session

SESSION 3: OCTOBER 5 – OCTOBER 28
6:00PM OR 6:45PM (40 MIN SESSIONS) 3 Week Session

SESSION 4: NOVEMBER 2 – NOVEMBER 23
6:00PM OR 6:45PM (40 MIN SESSIONS) 3 Week Session

SESSION 5: NOVEMBER 30 – DECEMBER 16
6:00PM OR 6:45PM (40 MIN SESSIONS) 3 Week Session

SESSION 6: DECEMBER 4 – DECEMBER 21
6:00PM OR 6:45PM (40 MIN SESSIONS) 3 Week Session

AMERICAN RED CROSS SWIM LESSONS
FALL/WINTER CLASS EARLY-BIRD DEADLINES
(Any Swimming Lessons Registration turned in after the deadline for the current session, the price will increase $3.00)

SESSION: DEADLINE:
Session 1 August 7
Session 2 August 28
Session 3 October 2
Session 4 October 30
Session 5 November 27

Swim Lessons Skill Levels

1. Water Exploration: Enter unassisted, move for 5 yards, bob 5 times to chin level and exit water. Float on front and back with support for 3 seconds and submerge face for 3 seconds.
2. Primary Skills: Floating and kicking on front and back, combining arm and leg action, relaxed in deep water; rhythmic breathing. Push off and swim using a combination of arm and leg actions for 15 feet on front and back.
3. Stroke Readiness: Tread water; Knee-dive from side of pool; Coordinate arm stroke with breathing; elementary backstroke; Introduction to deep water bobbing.
4. Stroke Development: Standing dive from side of pool; Front crawl 25 yards; Back crawl 25 yards; Breaststroke and sidestroke 10 yards; Introduction to flip turns.
5. Stroke Refinement: Standing dive from board; Front crawl and back crawl 50 yards; Introduction to butterfly.
6. Skill Proficiency: Front crawl and back crawl 100 yards; Breaststroke 50 yards; Butterfly 50 yards; 500 yard continuous swim and Cooper 12-minute swim test; Advanced turning skills.

 IF YOU HAVE ANY QUESTIONS CONTACT: DARREN MUCKY @ 816.604.2400

LONGVIEW RECREATION CENTER
AMERICAN RED CROSS SWIM LESSONS
FALL/WINTER CLASS EARLY-BIRD DEADLINES

Session(s) (Please Mark one below)
☐ Four-Year-Olds Through Teens: Skill Level
☐ Infant and Preschool (IPAP)
☐ Non-Competitive
Swim Team: (Circle one): Mon / Wed / Both

Please complete one registration form per child and return with appropriate payment and signed waiver to the Longview Recreation Center, 500 SW Longview Road, Lee’s Summit, MO 64081, attn: Swim Lessons. If you are registering more than one child, please staple registrations together.

Parent/Guardian Name:
Address:
City: __________________ State: ______ ZIP: ______
Phone #: __________________ Check #: ______
Credit Card #: __________________
(circle one) MC Discover VISA Exp. Date: ______
Amt. Pd.: ______

LIABILITY WAIVER

BY SIGNING MY SIGNATURE TO THIS DOCUMENT, I AGREE THAT IN ATTENDING AND USING THE FACILITIES AND EQUIPMENT OF THE LONGVIEW RECREATION CENTER, A FACILITY OF THE JUNIOR COLLEGE DISTRICT OF METROPOLITAN KANSAS CITY, MISSOURI (HEREINAFTER THE “COLLEGE”), I DO SO AT MY OWN RISK. THE COLLEGE SHALL NOT BE LIABLE FOR ANY DAMAGE ARISING FROM PERSONAL INJURY SUSTAINED IN, ON, OR ABOUT THE PREMISES OF SAID RECREATION CENTER, AND I FULLY AND FOREVER RELEASE AND DISCHARGE THE COLLEGE, ITS BOARD, OFFICERS, EMPLOYEES AND AGENTS FROM ANY AND ALL CLAIMS, DEMANDS, DAMAGES, RIGHTS OF ACTION OR CAUSES OF ACTION, PRESENT OR FUTURE, WHETHER THE SAME BE KNOWN, ANTICIPATED OR UNANTICIPATED, AND WHETHER THE SAME BE CAUSED BY NEGLIGENCE OF THE COLLEGE, ITS BOARD, OFFICERS, EMPLOYEES, OR AGENTS, OR BE OTHERWISE CAUSED (BUT NOT INCLUDING INTENTIONAL TORTS OR GROSS NEGLIGENCE), RESULTING FROM OR ARISING OUT OF THE USE OR INTENDED USE OF SAID RECREATION CENTER OF THE FACILITIES AND EQUIPMENT THEREOF.

Participant name(Print) Date
Parent/Guardian(Signature) Date