



FOR MORE INFORMATION:
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MCC-LONGVIEW RECREATION CENTER
3801 SW LONGVIEW ROAD
LEE'S SUMMIT, MO 64081

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AMERICAN RED CROSS
SWIM LESSONS

NON-PROFIT
U.S. POSTAGE
PAID
Permit # 886
Lee's Summit, MO.

AMERICAN RED CROSS SWIM LESSONS

INFANT AND PRESCHOOL

COST: \$30 LVRC MEMBER: \$25

The Infant and Preschool Aquatics Program (IPAP) is offered for children ages twelve months through 3 years of age. All participants will be accompanied in the water by a parent/guardian. This program is not designed to teach children to swim or even to survive in the water on their own. The emphasis is on having fun and preparing for swimming readiness as the child gets older.

MONDAY & WEDNESDAY (4 WEEKS PER SESSION, TWICE A WEEK)

SESSION	DATES	TIMES
SESSION I	SEPTEMBER 2 – SEPTEMBER 30	7:30 PM
SESSION II	OCTOBER 5 – OCTOBER 28	7:30 PM
SESSION III	NOVEMBER 2 – NOVEMBER 25	7:30 PM
SESSION IV	DECEMBER 2 – DECEMBER 28	7:30 PM

NON-COMPETITIVE SWIM TEAM

MONDAY AND WEDNESDAY / 4 WEEKS

COST: \$56 (2 DAYS A WEEK) LVRC MEMBER: \$50

MONDAY OR WEDNESDAY / 4 WEEKS

COST: \$33 (ONE DAY A WEEK) \$30 (LVRC MEMBER ONE DAY A WEEK)

The Longview Recreation Center will be offering advanced training in a “non-competitive” beginning level swim team format. This program is for anyone interested in taking their training to the “next level”. This program will focus on refining proper technique and introduce the concepts of swimming faster. During the four week session, practices will target the following skills: starts, use of kickboards, a variety of turns, rhythmic breathing, stroke development and conditioning for distance and sprint events. Participants must have passed American Red Cross level 4 or be able to do the front crawl for 25 yards, back crawl for 25 yards and have knowledge of the breaststroke.

SESSIONS	TIMES
SEPTEMBER 14, 21, 28 (MON)	7:30 PM-8:30 PM
SEPTEMBER 2, 9, 16, 23, 30 (WED)	7:30 PM-8:30 PM
OCTOBER 5, 12, 19, 26 (MON)	7:30 PM-8:30 PM
OCTOBER 7, 14, 21, 28 (WED)	7:30 PM- 8:30 PM
NOVEMBER 2, 9, 16, 23 (MON)	7:30 PM-8:30 PM
NOVEMBER 4, 11, 18, 25 (WED)	7:30 PM-8:30 PM
DECEMBER 7, 14, 21, 28 (MON)	7:30 PM – 8:30 PM
DECEMBER 2, 9, 16, 23 (WED)	7:30 PM – 8:30 PM

FOUR-YEAR-OLDS THROUGH TEENS

COST: \$42 LVRC MEMBER: \$36

Longview Recreation Center Swim Lessons provide one instructor for every four students. Sessions consist of eight 30-minute lessons. There are seven different skill levels to choose from. Our instructors are experienced and emphasize the learning of beginner through advanced swimming skills, practicing basic water safety skills and having fun.

MONDAYS & WEDNESDAYS (4 WEEKS PER SESSION, TWICE A WEEK)

SESSION	DATES	TIMES
SESSION I	SEPTEMBER 2 – SEPTEMBER 30	6:15 PM OR 6:50 PM
SESSION II	OCTOBER 5 – OCTOBER 28	6:15 PM OR 6:50 PM
SESSION III	NOVEMBER 2 – NOVEMBER 25	6:15 PM OR 6:50 PM
SESSION IV	DECEMBER 2 – DECEMBER 28	6:15 PM OR 6:50 PM

SKILL LEVEL

(SKILLS NEEDED TO PASS TO THE NEXT LEVEL)

- 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.
- 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.
- Stroke Readiness:** Tread water; knee-dive from side of pool; coordinate arm stroke with breathing; elementary backstroke; introduction to deep water bobbing.
- 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.
- Stroke Refinement:** Standing dive from board; front crawl and back crawl 50 yards; introduction to butterfly.
- 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.

AMERICAN RED CROSS SWIM LESSONS AND NON-COMPETITIVE SWIM TEAM

CHILD'S NAME _____

AGE _____ D.O.B. _____

SESSION(S) _____

TIME(S) _____

(PLEASE MARK ONE BELOW)

FOUR-YEAR-OLDS THROUGH TEEN SKILL LEVEL _____

INFANT AND PRESCHOOL (IPAP)

SWIM TEAM: (CIRCLE ONE): MON / WED / BOTH

Please complete one registration form per child and return with appropriate payment and signed waiver to the **MCC-Longview Recreation Center, 3801 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: _____

AMOUNT PAID: \$ _____

LIABILITY WAIVER

BY AFFIXING 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. I ASSUME FULL RESPONSIBILITY FOR ANY INJURIES OR DAMAGES WHICH MAY OCCUR 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 _____