American Red Cross
Swim Lessons

For More Information:
DARREN MUCKEY – 816.604.2400

MCC-Longview Recreation Center
3801 SW Longview Road
Lee's Summit, MO 64081
AMERICAN RED CROSS SWIM LESSONS

Four-Year-Olds Through Teens

**Cost:** $42  
**LVRC Member:** $36  
**MONDAY & WEDNESDAY EVENINGS**

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.

Evening Sessions 4 weeks/Twice a week 6:15 PM or 6:50 PM

<table>
<thead>
<tr>
<th>Skill Level</th>
<th>(skills needed to pass to the next level)</th>
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<tbody>
<tr>
<td>1. Water Exploration</td>
<td>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.</td>
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<td>2. Primary Skills</td>
<td>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.</td>
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<td>3. Stroke Readiness</td>
<td>Tread water; knee-dive from side of pool; coordinate arm stroke with breathing; elementary backstroke; introduction to deep water bobbing.</td>
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<td>4. Stroke Development</td>
<td>Standing dive from side of pool; front crawl 25 yards; back crawl 25 yards; breaststroke and sidestroke 10 yards; introduction to flip turns.</td>
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<td>5. Stroke Refinement</td>
<td>Standing dive from board; front crawl and back crawl 50 yards; introduction to butterfly.</td>
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<td>6. Skill Proficiency</td>
<td>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.</td>
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Infant and Preschool

**Cost:** $30  
**LVRC Member:** $25  
**MONDAY AND WEDNESDAY / 8 Sessions**

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.

IPAP Sessions Twice a wk /4 wks/ 30 min.7:30 PM - 8:00 PM

Non-Competitive Swim Team

**MONDAY AND WEDNESDAY / 8 Sessions**

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

**MONDAY OR WEDNESDAY / 4 Sessions**

**COST:** $33 (1 DAY A WEEK)  
**$30 (LVRC MEMBER 1 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 kick-boards, 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.

Evening Sessions Twice a week /4 weeks 7:30 PM - 8:30 PM

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