

MAY - AUGUST 2010

“Learn to Swim” Program 2010
 Merriam Aquatic Center • 6040 Slater • Merriam, KS
 Learn to Swim Coordinator: TBA

	Fees:	Session I June 7-17 Mon-Thurs AM	Session II June 21-July 1 Mon-Thurs AM	Session III July 12-22 Mon-Thurs AM	Session IE June 7-17 Mon-Thurs PM	Session IIE June 21-July 1 Mon-Thurs PM	Session IIIE July 12-22 Mon-Thurs PM
#210107 Parent/Child Aquatics	\$40	P1 9:45am	P2 9:45am	P3 9:45am	P4 5:30pm	P5 5:30pm	P6 5:30pm
#210101 Preschool Aquatics	\$40	P1 9:45am	P2 9:45am	P3 9:45am	P4 5:30pm	P5 5:30pm	P6 5:30pm
Level I - #210101	\$40	A1 10:30am	B2 10:30am	C3 10:30am	D4 6:15pm	F5 6:15pm	G6 6:15pm
Level II - #210102	\$40	A1 10:30am	B2 10:30am	C3 10:30am	D4 6:15pm	F5 6:15pm	G6 6:15pm
Level III - #210103	\$40	A1 10:30am	B2 10:30am	C3 10:30am	D4 7:00pm	F5 7:00pm	G6 7:00pm
Level IV - #310104	\$40	A1 11:00am	B2 11:00am	C3 11:00am	D4 7:00pm	F5 7:00pm	G6 7:00pm
Level V - #210105	\$40	A1 11:00am	B2 11:00am	C3 11:00am			
Level VI - #210106	\$40	A1 11:00am	B2 11:00am	C3 11:00am			
Diving - #210108	\$55	D1 11:00am	D2 11:00am	D3 11:00am			

About our swim classes:

All classes have a minimum of 4 and maximum of 8 students
 The 2010 Red Cross “Learn to Swim” Program will be coordinated and conducted by Merriam Parks and Recreation Aquatic Staff. Experienced Water Safety Instructors will teach all lessons. Class sizes are small in order to give your child individualized attention. Each session includes 8 lessons held Monday-Thursday. If necessary, make-up sessions due to inclement weather will be held on Fridays. Call the Aquatic Center at 913-322-5518 for inclement weather updates.

Parents are permitted to observe lessons from the viewing area provided on deck. Evening lessons are conducted while the aquatic center is open to the public. Admission fee or season pass is required for all parents and siblings who wish to swim before, during, or after evening swim lessons. The zero depth pool will be open from 10:30-11:45am during morning swim lessons for parents and children age 8 and under; regular admission fees and policies apply.

How to Register? Registration begins April 5 You can register in person at the Irene B. French Community Center, 5701 Merriam Drive, by phone with a credit card, by fax at 913-677-1409, or by mail. Fill out the registration form included with this brochure.



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How to Choose the Level You Need:

Parent/Child Aquatics: (30-minute classes) Developed for children 6 months to 3 years of age and their parents, Parent/Child Aquatics familiarizes young children to the water. It is not designed to teach children to become good swimmers or to survive in the water on their own. The class gives parents safety information and teaches techniques to help orient their children to the water. Choose a Parent/Child class if your child is age 6 months to 3 years and still needs assistance in the water by an adult.

Preschool Aquatics: (30-minute classes) The primary objective of Preschool Aquatics is to promote the developmentally appropriate learning of fundamental water safety and aquatic skills by young children about 4 and 5 years of age. Choose this class if your child does not need assistance in the water by an adult, however, does not meet the age requirement for Level 1. This class meets in the zero depth entry pool.

Learn to Swim: (30-minute classes) The prerequisite for each level of Red Cross “Learn to Swim” is successful demonstration of the skills learned in the preceding level. Beginners start at Level 1, which has a prerequisite of age 6.

Level 1: Introduction to Water Skills: Students will learn basic personal water safety information and skills to help them feel comfortable in the water and to enjoy water safely. Elementary aquatic skills are taught in this class. Students will start to develop positive attitudes, good swimming habits and safe practices around the water. There are no skill prerequisites for Level 1, however, the age recommendation is 6. This class meets in the 3-foot deep area of the pool, so students should be comfortable with this depth without adult assistance.

Level 2: Fundamental Aquatic Skills: Students learn fundamental aquatic skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of true swimming skills. Students will begin to lay the foundation for future strokes. The child will enter the water by stepping or jumping and should be very comfortable with his/her face in the water.

Level 3: Stroke Development: Students will learn front crawl, elementary backstroke, and survival float. Students will begin to learn the scissor kick, dolphin kick, and build on the fundamentals of treading water. Students will also learn to enter deep water headfirst at poolside from a seated position.

Level 4: Stroke Improvement: Students improve their skills and increase their endurance by swimming basic strokes (front crawl, elementary backstroke) for greater distances. Students learn the arm movements with scissor kick for the sidestroke. Students also start to learn the back crawl, breaststroke and butterfly and the basics of turning at a wall. Diving from standing position into deep water is introduced. The child should be comfortable with treading water for 2 minutes.

Level 5: Stroke Refinement: Students refine their performance of all strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke) and increase their distances. Flip turns on the front and back are also introduced. Different types of dives are introduced including surface dives and shallow dives. Students will tread water for 5 minutes.

Level 6: Swimming and Skill Proficiency: Level 6 is designed to refine strokes so students swim them with more ease, efficiency, power and smoothness and over greater distances. This class offers three options that focus on preparing students for more advanced aquatic activities. Options include: Personal Water Safety, Fundamentals of Diving and Fitness Swimmer. Any or all of the menu options may be introduced depending on class size.

Diving: This introductory level course will emphasize basic diving fundamentals on the 1-meter board. Skills presented include the front and back takeoffs, forward and back dives. The class will also include 3-meter training. Prerequisite: Must have completed “Learn to Swim” Level 3.

Private Lessons: Are you looking for one-on-one private instruction for you or your child?

Private swimming lessons may be arranged the week of July 26-29 from 9:45-10:15am, 10:30-11:00am, or 11:15-11:45am on a first come-first served basis. **Includes four 30-minute lessons.** Cost: \$60 (For more information call 913-322-5550)

Registration begins Monday, April 5, 2010

4 EASY WAYS...

MAIL IT IN: Send your registration form and check or money order for total fees to:
Merriam Parks & Recreation,
5701 Merriam Dr., Merriam, KS 66203



FAX IT IN: Fax in your registration form with your VISA, MasterCard or Discover by calling our fax number: (913) 677-1409. **(Please be sure your form is filled out completely)**



CALL IT IN: Phone in your registration using your VISA, MasterCard or Discover anytime during office hours: (913) 322-5550



WALK IT IN: Bring your registration form and fees in person anytime during office hours:
Monday-Thursday: 8:00am-8:00pm
Friday: 8:00am-4:00pm
Saturday: 8:00am-3:00pm
Sunday: 1:00pm-4:00pm



IMPORTANT: PLEASE READ

1. Registration is on a first come, first served basis. All fees are due at the time of registration. **Please keep your brochure; no class confirmations are sent.**
 2. All classes will have a minimum enrollment. Classes which have not met minimum enrollment 72 hours prior to the first class meeting will be cancelled. Participants will be notified by phone in the event of a class cancellation.
 3. Registration may be accepted after classes begin, but fees are NOT PRORATED.
 4. Inclement Weather Information: Call Merriam Parks & Recreation after 4:00pm for announcements concerning program cancellation-913-322-5591 or visit our web site www.merriam.org/park.
- REFUND/TRANSFER POLICY:**
1. A full refund will be issued in the event of a class cancellation due to insufficient enrollment.
 2. Refunds are available up to 72 hours prior to first class meeting. **A \$10.00 processing fee will be deducted.**
 3. Pro-rated refunds due to participant illness are allowed if accompanied by written physician statement, provided class session has not passed halfway point. **A \$10.00 processing fee will be deducted.**
 4. Requests for transfers may be made no later than the 2nd class meeting date, subject to class availability.
 5. Returned check service fee - \$30.00.

Name: _____ Last _____ First _____ DOB (Required) _____

Address: _____ City: _____

State: _____ Zip: _____ Home Phone#: _____ Work Phone #: _____

Cell Phone: _____ Email Address: _____

Friend/Relative in case of Emergency: _____ Phone: _____

Participants Name	Program	Registration #	DOB (Required)	Start Date	Day/Time	Fee

For Team Entries: Name of Team _____ Total Fees _____

Please charge all fees to my: MasterCard _____ VISA _____ Discover _____

Card #: _____ Expires: _____ V-Code#: _____ (last 3-digits on back of card)

Name as appears on card: _____

The undersigned agrees to hold harmless and release the City of Merriam, its agents and employees from any liability which may be suffered by the above named individuals registered in this program arising out of or in anyway connected with participation in this program. The undersigned and the participant authorize the Merriam Parks & Recreation to use at its discretion, any photograph(s) (black/white or color) taken of the participant while participating in the program and waive any and all claims that the participant or undersigned or their heirs or assigns may have or claim to have resulting from such photograph(s) or reproduction thereof.

Signature: _____
 Participant Parent Guardian