



# Bolivar Aqua Zone Group Swim Lessons

Swim lessons are \$35/participant. Spring sessions consist of three one hour lessons and will be held every Saturday from 10:30a.m to 11:30a.m. Summer sessions consist of six 30 minute lessons and will be held every Tuesday and Thursday from 7:15p.m to 7:45p.m. Registration deadline will be two days before the session begins. Space is limited! All parents/guardians **must** remain in the facility at all time during the lessons.

<p><b>Parent &amp; Me</b></p> <p>This class is geared toward toddlers (six months to three years of age) to gain confidence in the water by having a one on one experience with a trusted adult's assistance. Working with an instructor, the adult is in the water with the toddler to help introduce the child to the aquatic environment. Water adjustment and basic swimming skills will be emphasized.</p> <p>Pre-Requisites</p> <ul style="list-style-type: none"> <li>• No skill prerequisites.</li> <li>• Child must be at least 6 months old. • An adult must accompany child to each class.</li> </ul>	<p><b>Preschool</b></p> <p>Aqua Tots will enable preschool aged children to explore an aquatic environment and prepare for progressive levels. They will be introduced to combined skills for beginner swim strokes, beginning breathing skills and safety skills.</p> <p>Pre-Requisites</p> <ul style="list-style-type: none"> <li>• No skill prerequisites.</li> <li>• Child must be at least 3 years old</li> </ul>	<p><b>Level 1: Introduction to Water Skills</b></p> <p>Orient participants to the aquatic environment and help them gain basic aquatic skills. Also begin to develop positive attitudes and safe practices around water. Basic skills include: supported floating and kicking on front and back, alternating arm action, breaststroke kick, elementary backstroke, fundamentals of using a life jacket, bubble blowing, water safety rules, and bobbing.</p> <p>Pre-Requisites</p> <ul style="list-style-type: none"> <li>• No skill prerequisites.</li> <li>• Child must be at least 5 years old</li> </ul>	<p><b>Level 2: Fundamental Aquatic Skills</b></p> <p>Build on the basic aquatic skills and water safety skills and concepts learned in Level 1. Basic skills include: floating and kicking on front and back, combined stroke on front and back, turning over (front to back and back to front),introduce scissor kick and rhythmic breathing.</p> <p>Pre-Requisites</p> <ul style="list-style-type: none"> <li>• Successful demonstration of the Level 1 exit skills assessment</li> </ul>	<p><b>Level 3: Stroke Development</b></p> <p>Build on the skills learned in Levels 1 and 2 to help participants achieve basic water competency in a pool environment. Introduce swimming strokes and practice safety and rescue skills. Basic skills include: jumping into deep water with a life jacket, headfirst entries from side of pool, self-rescue skills, 15 yd. front crawl and elementary backstroke, introduction to dolphin kick and breaststroke pull, treading water, and deep water bobbing.</p> <p>Pre-Requisites</p> <ul style="list-style-type: none"> <li>• Successful demonstration of the Level 2 exit skills assessment.</li> </ul>	<p><b>Level 4: Advanced Skills Swim Team Prep</b></p> <p>Skills learned from previous levels are combined to develop more advance strokes, breathing techniques, and long distance endurance. This level will prepare the participant for competitive swimming. Diving from a starting block will be required. Participants should be confident in their swimming abilities, finish and complete Level 3, be able to swim 50 meters non-stop, and have strong swimming skills.</p> <div style="text-align: center; margin-top: 20px;"> </div>
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Please **circle the session** you are registering for and **circle the level above**

Spring Session 1: 4/13 - 4/27 Spring Session 2: 5/11 – 5/25 Summer Session 1: 6/4 – 6/20 Summer Session 2: 7/9 – 7/25

Participant Name: \_\_\_\_\_ Age: \_\_\_\_\_  
 Parent Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Email Address: \_\_\_\_\_

*Please read this form carefully and be aware that in registering yourself or your minor child for participation in the program you will be waiving and releasing all claims for injuries you or your child might sustain arising out of the program. I recognize and acknowledge that there are certain risks of physical injury to participants in this program and I agree to assume the full risk of any such injuries, damages or loss regardless of severity which I or my child may sustain as a result of participating in any of the programs. I hereby hold the City of Bolivar and all its employees harmless for any injury, damages or loss resulting in my or my child's participation in any aquatic activities.*

Parents Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Staff Initials: \_\_\_\_\_ Amount Paid: \_\_\_\_\_ Payment Type: \_\_\_\_\_ Date: \_\_\_\_\_

**Healthy swimming:** We ask all parents to help us keep our pools healthy and safe for all users. In order to do this, we ask that all patrons with kids:

- Change garments and diapers in a bathroom, never on deck.
- Wash your child thoroughly (especially the rear end) with soap and water before swimming.
- Never swim or allow your child to swim with diarrhea.
- Any bodily-fluids dispersed into the swimming pool will require the pool to be closed for a minimum of 30 minutes.

**Locker rooms:** There are locker rooms directly attached to the facility for your use during lessons. Please take your children to the restroom before the class starts.

**Parents:** We encourage parents to stay and watch their child; however, we do not encourage parental involvement during the lessons (except the Parent & Me class). We ask that you watch your child from the tables and chairs section.

**Class Level:** The teaching staff will evaluate the skills of the children during the first class and reclassify them as necessary if a spot is open in the needed level. The instructors have the ultimate discretion on which class level is best for a youth and have the right to switch a child into a higher or lower class level. Please be aware that although your child's swimming ability and comfort in the water will improve, we do not guarantee that your child will pass each level. Each child will receive a report card at the end of lessons detailing their progress and any areas they make need to work on.

**Personal Items:** Please properly label all toys, goggles, towels, and other items brought onto the deck, as we cannot be responsible for lost or stolen items. No food or outside footwear is permitted near the pool, drinks are allowed in plastic bottles with re-sealable tops.

#### **Make Up Policy**

We understand you may miss classes due to illness or other, but if you miss a class, we do **not** offer make up classes due to limited class sizes. Classes canceled due to bad weather will be made up. Make up dates will be the Saturday for spring session and Tuesday and/or Thursday for summer sessions, following the end of the session you are in unless otherwise notified.

**Inclement Weather:** We do require everyone to get out of the pools until 30 minutes after the last sight of lighting or sound of thunder. If a storm occurs during swim lessons class will continue with safety lessons. If a storm occurs before the class starts class will be canceled and made up at a later date.

#### **Drop/Refund Policy**

Once a class has begun, no refunds or session switching will be allowed. A refund of 50% may be issued, or you may move to another session for a \$10 fee if it is at least one week or more before the class has begun. No prorating allowed.

#### **Cancellation of classes**

- Each class has a limit due to participant/instructor ratios.
- Cancellations of classes occur 24 hours before class starts, if there are not at least 3 registered.
- There are no refunds for classes. If class is cancelled a voucher good for up to 1 year can be issued at the participant's request.

Swim lessons are \$35.00 per child, per session. Each session will consist of three one hour lessons (spring sessions), and six 30 min lessons (summer sessions). Lessons are on Saturdays from 10:30a.m – 11:30a.m (spring sessions) and Tuesdays and Thursdays from 7:00pm- 7:30pm (summer sessions). Payment is due at time of registration. Registration forms must be turned in at the Aqua Zone or City Hall. Space is limited and registration will be closed two days before the session starts. You can register for more than one session at once but separate forms must be filled out. Also when registering multiple swimmers a form is needed for each one.

For more information call 417-777-1215, email [scheney@bolivar.mo.us](mailto:scheney@bolivar.mo.us), or stop by the Bolivar Aqua Zone.

