



Bolivar Aqua Zone

1710 W. Broadway Bolivar, Mo. 65613 417-777-1215 scheney@bolivar.mo.us

Group Swim Lessons

Swim lessons are \$35 per participant. Spring sessions consist of three one hour sessions and will be held on Saturday mornings from 10:15-11:15a.m. Summer sessions consist of six 30 minute sessions, please see front desk for dates and times. Space is limited, only 12 participants per level.
All parents/guardians **MUST** remain in the facility at all times during the lesson.

<p>PARENT & ME</p> <p>This class is geared toward toddlers 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.</p>	<p>Pre-k Aqua Tots</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>Level 1 Water Skills</p> <p>Orient participants to the aquatic environment and help them gain basic aquatic skills. They will learn basic skills such as supported floating and kicking on front and back, alternating arm action, retrieving an object off the bottom in shallow water depths, and water safety.</p>	<p>Level 2 Aquatic Skills</p> <p>Build on the basic aquatic skills, water safety skills and concepts learned in Level 1. They will learn advanced skills such as the scissor kick, combined stroke on front and back, and rhythmic breathing.</p>	<p>Level 3 Development</p> <p>Build on the skills learned in previous levels, participants will achieve basic water competency in a pool environment. They will learn skills such as: diving, treading water, and retrieving an object off the bottom in deeper water depths.</p>	<p>Level 4 Advanced Skills/ Swim Team Prep</p> <p>All skills combined to develop more advance strokes, breathing techniques, barrel roll, and long distance endurance. Diving from a starting block will be required. Participants must have strong swimming skills.</p>
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Participant Name: _____ Age: _____

Date of swim lesson session? _____ Which level? _____

Parent Name: _____ Phone: _____

Address: _____ City: _____ Zip: _____

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.

Parent Signature: _____ Date: _____

STAFF INITIALS: _____ AMOUNT PAID: _____ PAYMENT TYPE: _____ DATE: _____

