



SWIMMING LESSONS

SUMMER 2019



Registration will begin on Saturday, April 6 at 8:00 a.m.

Fee: \$50.00

Current Gardner Aquatic Center Members: \$45.00

Two Ways to Register:

- Online at www.gardnerparks.com.** AVOID LONG LINES AT CITY HALL! Online registration will begin at 8:00 a.m. Saturday, April 6th. Register one or more child from the convenience of your own home! Please ensure your account is set up prior to sign up date
- Walk In at City Hall, 120 E. Main.** Open from 8:00 a.m. to 10:00 a.m. Saturday, April 6th. LINES COULD BE LONG. After April 6th, registration will be taken at the same location, Monday thru Friday, 8:00 a.m. to 5:00 p.m. or online.

Four Sessions to Choose from:
Session 1 June 3 - June 13
Session 2 June 17 - June 27
Session 3 July 8 - July 18
Session 4 July 22 - August 1

Please note:
 *Fridays will be used for make-up classes in case of inclement weather
 *Parent Toddler and Fins I classes are 30 minutes.
 *Fins II-VI are 45 minutes.

CLASS DESCRIPTIONS

Private Lessons \$90 (Four 1-hour sessions); \$85 if current Gardner Aquatic Center member. Your chance to receive one-on-one instruction. Ages 5 and up. Available Monday thru Sunday between 8:00 AM to Noon or weeknights 6:00 to 8:00 PM. Requests are not guaranteed, but will be taken into consideration.

Parent/Toddler This class is for children between the ages of 18 months and 4 years. Must be 18 months by July 31, 2019. This class is designed for the parent and toddler. The class will focus on getting the children familiar with the water, ways to hold your child in the water, and preparation for Fins 1. With parent interaction, our certified lifeguards will teach swimming readiness through blowing bubbles, working on back float skills and the beginning of front crawl. Your child will gain coordination and confidence in the water. Maximum 15 Participants per class.

Fins I Must be at least 4 years of age by July 31, 2019. Average age: 4-6 years old. This class includes: blowing bubbles, immersing face fully for three seconds, flutter kick front & back, intro. of front crawl arms, front & back float with assistance, front & back glide w/ assistance, walk in chest-deep water, encounter deep water, reach assistance and safety tips. Maximum 8 Participants per class.

Fins II Average age: 6-8 years old. This class includes: Immersing entire body for three seconds, shallow water bobbing, capture objects in chest-deep water w/ assistance, jump into chest deep water & recover, front & back float without help, front & back glide without help, turning over front & back w/ assistance, flutter kick front & back, intro. of back crawl arms, front crawl with rotary breathing, back crawl without help, encounter deep water, and simple lifesaving & water safety skills. Maximum 10 Participants in each class.

Fins III Average age: 7-10 years old. This class includes: Captures objects in chest-deep water, without help & eyes open, deep water bobbing, encounter deep water by jumping from diving boards, front & back glide: two body lengths, turning over front & back without assistance, front crawl without help, rotary breathing, 10 yards, back crawl without help, elementary backstroke, intro to treading water with all kicks, 2 minutes dive from side of pool using kneeling & compact positions, and simple lifesaving skills. Maximum 10 Participants in each class.

Fins IV Average age: 7-10 years old. This class includes: Front crawl, rotary breathing, 25 yards, back crawl, 25 yards, elementary backstroke, 25 yards, breaststroke, 15 yards, sidestroke, 15 yards, butterfly stroke, 15 yards, open turns, feet first surface dive, dive from side of pool using standing position & 3-step approach, intro. to long shallow diving from side of pool, one completed dive from standing position from the diving board, encounter 12 ft. with extension pole, tread water with scissors, breaststroke, and rotary kicks, one minute each and lifesaving skills and water safety skills. Maximum 10 Participants in each class.

Fins V Average age: 9-12 years old. This class includes: Front crawl, rotary breathing, 50 yards, back crawl, 50 yards, elementary backstroke, 50 yards, breaststroke, 25 yards, sidestroke, 25 yards, Butterfly, 25 yards, swimming underwater 10 yards, open and flip turns (Racing technique, using the feet first surface dive, retrieve brick from 6 foot, encounter 12 ft. with extension pole, introduction to the 3-step approach from the diving boards, complete Tuck and Pike jumps from diving boards, complete long shallow diving from diving boards, tread water using all kicks, 5 minutes continuous and lifesaving skills. Maximum 10 Participants in each class.

Class	Session	Time
Private Lessons	1	Varies
Parent/Toddler	2, 3	9:00 a.m.
Fins I	2, 3	9:00 a.m.
Fins I	2, 3	9:00 a.m.
Fins II	2, 3	9:00 a.m.
Fins II	2,3	9:00 a.m.
Fins III	2, 3	9:00 a.m.
Fins IV	3, 4	9:00 a.m.
Fins V	3, 4	9:00 a.m.
Fins VI	3, 4	9:00 a.m.
Parent/Toddler	2, 3 & 4	10:00 a.m.
Fins I	2, 3 & 4	10:00 a.m.
Fins I	2,3	10:00 a.m.
Fins II	2, 3 & 4	10:00 a.m.
Fins II	2,3	10:00 a.m.
Fins III	2, 3 & 4	10:00 a.m.
Fins III	2,3	10:00 a.m.
Fins IV	2, 3 & 4	10:00 a.m.
Fins V	2, 3 & 4	10:00 a.m.
Fins VI	2, 3 & 4	10:00 a.m.
Parent/Toddler	2, 3 & 4	11:00 a.m.
Fins I	2, 3 & 4	11:00 a.m.
Fins I	2,3	11:00 a.m.
Fins II	2, 3 & 4	11:00 a.m.
Fins II	2,3	11:00 a.m.
Fins III	2, 3 & 4	11:00 a.m.
Fins IV	2, 3 & 4	11:00 a.m.
Parent/Toddler	1, 2, 3 & 4	7:00 p.m.
Fins I	1, 2, 3 & 4	7:00 p.m.
Fins I	4	7:00 p.m.
Fins II	1, 2, 3 & 4	7:00 p.m.
Fins III	1, 2, 3 & 4	7:00 p.m.
Fins IV-V	1, 2, 3 & 4	7:00 p.m.

Gardner Aquatic Center Member Discount:

To receive the \$5 off discount on lessons, the swimmer enrolled in class must be a paid member of the Gardner Aquatic Center for the 2019 season. No refunds or discounts will be given if buying pass later.

Fins VI Average age: 9-12 years old. This class includes: 300 yards continuous swim, front crawl 100 yards, back crawl, 100 yards, elementary backstroke, 100 yards, breaststroke, 50 yards, sidestroke, 50 yards, butterfly, 50 yards, swimming underwater for 25 yards, perfection of open and flip turns during lap swimming, using the feet first surface dive, retrieve brick from 12 foot, perfect 3-step approach from boards, refine tuck and pike dives, treading water using all kicks, 8 minutes continuous and lifesaving and water safety skills. Maximum 10 Participants in each class.



MORE FUN CLASSES!



Date & Time

Mon, Tues, Thurs, Fri.
July 1, 2, 3, 5
9:00 a.m. to 11:30 a.m.

Class

Junior Lifeguard \$50.00; \$45.00 if Gardner Aquatic Center member

For kids ages 11-15 who want to know what it's like to go through lifeguard training. Student will receive instruction in water safety, public relations, facility operations, water exercise, teamwork, leadership skills, basic work skills, life guarding skills, CPR & First Aid.

Monday thru Thursday

June 3 - August 1

10:00 a.m. to Noon

and

Saturdays

June 1 - July 27

10:00 a.m. to Noon

Adult River Running \$25 punch card for 5 punches or \$6 per visit; \$5 per visit if Gardner Aquatic Center member.

A cool way to work out in the heat. This class is for adults only to spend some time in our lazy river working out. Must be at least 5 feet tall. Aqua running shoes are recommended, but not required. Water weights are available for you to customize your routine with cardio, strength training and toning. Use the natural resistance of the water to ease your joints. There is nothing lazy about this workout! There will be a lifeguard on duty, but no instructor.

*Note: Classes may be cancelled if numbers are too low.
Pool memberships will not be accepted for Junior Lifeguard or Adult River Running.*

Swim Lesson Registration Form

Parent Name: _____ Phone: _____ Work: _____ Emergency: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ Yes, please keep me informed via email regarding upcoming programs and special events. For information regarding our privacy policy in terms of use visit www.gardnerkansas.gov.

Payment Type: Cash Check/Money Order Credit/Debit : Visa MasterCard Discover AmEx

Credit Card Number: _____ Exp. Date: _____ CVC: _____

Note: Please keep a record of the dates and times of the classes you have enrolled in; confirmations are not sent.

Return completed with check or money order, payable to: Gardner Parks and Recreation

LIABILITY RELEASE: I, as a participant or legal guardian representing a minor participant agree to release the City of Gardner, its officers, employees and volunteers, from an and all liability for accidents, injuries, loss of and/or damage to my/our person or property that may arise out of my/our participation in/and our presence at the above activity(s). I/we understand the risks and possible dangers of participating in these activity(s). Also, I/we authorize the Gardner Parks and Recreation Department 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 the undersigned or their heirs, executors, administrators, or assigns may have or claim to have resulting from such photograph(s) or reproductions thereof. I have entered into this agreement of my own free will.

Total \$ _____

Name of Participant	Sex	Age	Birth Date	Grade	Class Title	Session	Time	Fee



120 E. Main
Gardner, KS 66030
(913) 856-0936
www.gardnerparks.com
gprd@gardnerkansas.gov

I have read and understand the liability release and refund policy.

Registration invalid without signature.

Signature: _____ Date: _____