



Summer 2012 Gardner Parks and Recreation Swimming Lessons

Registration will begin on Saturday, April 14 at 8:00 a.m.

Fee: \$45.00

Two Ways to Register:

- Online at www.gardnerkansas.gov.** AVOID LONG LINES AT CITY HALL! Online registration will begin at 8:00 a.m. Saturday, April 14th. Register one or more child from the convenience of your own home! A small handling fee will be applied.
- Walk In at City Hall, 120 E. Main St.** Doors will be open from 8:00 a.m. to 11:00 a.m.. Saturday, April 14th. **LINES WILL BE LONG and pool passes will not be available for sale that day.** After April 14th, 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 4 thru June 14
Session 2 June 18 thru June 28
Session 3 July 9 thru July 19
Session 4 July 23 thru August 2

****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 40 minutes.**

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 & 4	9:00 a.m.
Fins II	2,3	9:00 a.m.
Fins III	2, 3 & 4	9:00a.m.
Fins III	2,3	9:00 a.m.
Fins IV	2, 3 & 4	9:00 a.m.
Fins V	2, 3 & 4	9:00 a.m.
Fins VI	2, 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 III	2,3	11:00 a.m.
Fins IV	2, 3 & 4	11:00 a.m.
Fins V	2, 3 & 4	11:00 a.m.
Fins VI	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 II	1, 2, 3 & 4	7:00 p.m.
Fins III	1, 2, 3 & 4	7:00 p.m.
Fins IV	1, 2 & 3	7:00 p.m.
Fins V	1, 2 & 3	7:00 p.m.
Fins V	1, 2, & 3	7:00 p.m.

CLASS DESCRIPTIONS

Parent Tot This class is designed for the parent and toddler. The class will focus on getting the children familiar with the water. With parent interaction, our certified lifeguards will teach swimming readiness through blowing bubbles, working on back float skills and the dog paddle. Your child will gain coordination and confidence in the water. This class is for children between the ages of 18 months and 4 years. Maximum 15 Participants per class.

Fins 1 Must be at least 4 years of age by July 31, 2012. 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 2 This class includes: Immersing entire body for three seconds, 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 without help, modified back crawl without help, encounter deep water, and simple life saving & water rescue skills. Maximum 10 Participants in each class.

Fins 3 This class includes: Captures objects in chest deep water, without help & eyes open, deep water bobbing, incline safety bobbing, encounter deep water by jumping from diving boards, front & back glide: two body lengths, turning over front & back without assistance, intro to reversing directions at the wall, front crawl without help, side breathing, 10 yards, back crawl without help, alternating arms, modified elementary backstroke, intro to treading water with all kicks, 2 minutes dive from side of pool using kneeling & compact positions, and simple life saving skills/ CPR skills. Maximum 10 Participants in each class.

Fins 4 This class includes: Introduction to rotary breathing w/ front crawl, front crawl, rotary breathing, 25 yards, back crawl, 25 yards, elementary backstroke, 25 yards, modified breaststroke, 10 yards, modified sidestroke, 10 yards, intro. to 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 and life saving skills/CPR skills. Maximum 10 Participants in each class

Fins 5 This class includes: Front crawl, rotary breathing, 100 yards, back crawl, 100 yards, elementary Backstroke, 100 yards, breaststroke, 50 yards, sidestroke, 50 yards, modified Butterfly, 50 yards, swimming underwater 3 body lengths, introduction to 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, one completed dive from the diving boards using the 3-step approach, introduction to tuck and pike dives, tread water using all kicks, 5 minutes continuous and life saving skills/CPR skills. Maximum 10 Participants in each class

Fins 6 This class includes: Front crawl, 200 yards, back crawl, 200 yards, elementary Backstroke, 200 yards, breaststroke, 150 yards, sidestroke, 150 yards, butterfly, 50 yards, swimming underwater for 15-25 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, use with all diving, perfect tuck and pike dives, stride jump entry, treading water using all kicks, 8 minutes continuous and life saving skills/CPR skills. Maximum 10 Participants in each class

More fun classes!

Go to www.gardnerkansas.gov for more information!



Dates & Time

June 4—June 14

June 4-7 or July 30-August 2

9:00 a.m. to 12:00 p.m.

Monday thru Thursdays

June 4 - August 2

10:30 a.m. to 11:30 a.m.

Saturdays

June 2-July 28

9:00 a.m. to 11:00 a.m.

Saturdays

June 2 - July 28

8:00 a.m. to 9:00 a.m.

Saturdays

June 2 - July 28

9:00 a.m. to 11:00 a.m.

Class

Private Swim Lessons \$85.00 (four 1-hour sessions)

Your chance to receive one-on-one instruction. Any age welcome!

Junior Lifeguard \$50.00

For kids ages 11-15 who want to know what it's like to go through lifeguard training!

Lazy River Exercise Class \$50 punchcard for 10 punches or \$6.00 per person per visit

Our instructor will lead you through the lazy river and personalize your workout for your current fitness level. Water weights will be available to use but not required.

River Running \$50 punchcard for 10 punches or \$6.00 per person per visit

Get a great workout by running or walking in our lazy river. For ages 18 and older.

Aquacore \$50 punchcard for 10 punches or \$6.00 per person per visit

Whether you are experienced with this class or not, it will fit anyone's fitness level. For ages 16 and older.

Toddler Time \$6.00 per child (ages 6 months to 6 years)

Toddlers will have the opportunity to swim and play in the splash playground and baby pool all by themselves

Note: Management has the right to cancel classes if numbers are too low.

Swim Lesson Registration Form

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

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

Name of Participant/Team	Sex	Age	Birthdate	Grade	Class Title	Session	Time	Fee

Credit Card Type:(circle one): Visa Mastercard Credit Card Number: _____ Exp. Date: _____

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.

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

Total\$ _____

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.

**120 E. Main St.
Gardner, KS 66030
(913) 856-0936
www.gardnerkansas.gov**



I have read and understand the liability release and refund policy.
Registration invalid without signature.

Signature: _____

Date: _____