



Richmond Southview Pool Group Swim Lesson Registration Form

Location: Southview Pool (333 East South Street)
Pool Inclement Weather Hotline: (816)776-2004 ext.2

Questions? E-mail: Hmorrissey@cityofrichmondmo.org
Sign up for RICHMOND ALERT at www.cityofrichmondmo.org

\$55.00 per session

Participant's Name:	Guardian's Name:
Address:	
E-mail:	
Cell Phone:	Alternate Phone:
Participant's Age: _____	Birthdate: _____
Last Level Completed _____	

Based on the objectives on the back of this sheet, what level do you think your child might be in?

Level 1 Level 2 Level 3 Level 4 Level 5 Level 6

Please list any health concerns the participant has that the Swim Lesson Instructors should be aware of:

Are you signed up for Richmond Alert (Southview Pool Information)? YES NO

SWIM LESSON SESSIONS TO SELECT FROM:	Times to select from:
Session 1: June 1, 2, 3, 4, 8, 9, 10, 11, 15	12:00pm <input type="checkbox"/> 6:00pm <input type="checkbox"/> 7:00pm <input type="checkbox"/>
Session 2: June 22, 23, 25, 29, 30, July 1, 2, 6, 7	12:00pm <input type="checkbox"/> 6:00pm <input type="checkbox"/> 7:00pm <input type="checkbox"/>
Session 3: July 20, 21, 22, 23, 27, 28, 29, 30, Aug. 3	11:00am <input type="checkbox"/> 12:00pm <input type="checkbox"/> 6:00pm <input type="checkbox"/> 7:00pm <input type="checkbox"/>



- ★ Participants must be three years of age or older
 - ★ Not sure if your child is ready for group Swim Lessons?
- Sign up for one or two private swim lessons and see how he/she reacts in the water. (please fill out a different form for private lessons)
- ★ If your child is three years of age or younger, parents must get in the water with child
 - ★ Are you interested in helping with your child's class as an instructor's aid? YES NO

POOL PASS DISCOUNTS!!!!

Once you sign up for group swim lessons, you become eligible to receive discounts towards your 2015 Southview Pool Season Pass

When you sign your child up for swim lessons, ask Wendy, at the front desk about obtaining your discounted pool pass.

For every child you sign up for Group Lessons, they receive \$15.00 OFF of their Season Pass.

If your child is 3 years or younger (they get their pool pass for free), you may apply their discount towards your pool pass purchase, or another person's season pass (living in the same house hold as you).

Benefits of Purchasing a Season Pass:

- 1.) unlimited entries into the Southview pool during General Swim Hours
- 2.) free lap swim
- 3.) free entry to Southview Pool Special Events (including TWILIGHT SWIM)
- 4.) early entry into the pool, to reserve your perfect seat before others enter
- 5.) \$5.00 off Pool Party reservation fee
- 6.) \$5.00 off City Gym reservation fee

To obtain a Pool Pass, please fill out Pool Pass Registration Form & Pay At the Front Desk of City Hall, M-F, 8:00am-4:30pm.

As a guardian of the participant enrolled in this program and/or as a volunteer lifeguard aid, I recognize and acknowledge that there are certain risks of physical injury involved in this program, and I agree to assume the full risk of any injuries, including death, damage or loss which may be sustained as a result of participating in the program. I hereby waive, release, absolve, indemnify and agree to hold harmless the Richmond Recreation Department, the Richmond Parks Department, the City of Richmond, the organizers, sponsors, supervisors, managers, lifeguards, instructors, participants, and persons transporting my child to and from activities, for any claim arising out of any injury to my/our child/myself whether the result of negligence or for any other cause. I have read and fully understand the above program details and waive and release all claims. No Refunds.

By signing this form, you agree with the above.

Name: _____ Date: _____

Please return to the City Collector's Office, 205 Summit St., Richmond, MO

Make checks payable to: City of Richmond.

City Hall Hours: M-F 8:00am-4:30pm, M-F. If after 4:30, you may put this form/fee in an envelope and put in the "after hours" box outside of City Hall--NO CASH IN "AFTER HOURS" BOX.

Amount Paid \$ _____ Date Rec'd _____ By _____

Richmond Southview Pool

Group Swim Lesson Objectives

The Southview Pool offers a developmentally appropriate swim lesson program that teaches your child how to swim skillfully and safely. The prerequisite for each level is the successful demonstration of skills from the preceding level, except for level 1, which has no prerequisites. These levels reflect American Red Cross Swim Lesson Guidelines.

Lesson 1--Introduction to Water Skills

Helps participants feel comfortable in water

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back

Level 2—Fundamental Aquatic Skills

Gives participants success with fundamental skills.

- Enter and exit water by stepping or jumping from the side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action

Level 3—Stroke Development

Builds on the skills in Level 2 through additional guided practice in deeper water.

- Enter water by jumping from the side
- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter, scissor, dolphin and breaststroke kicks on front

Level 4—Stroke Improvement

Develops confidence in the skills learned and improves other aquatic skills.

- Headfirst entries from the side in compact and stride positions
- Swim under water
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back

Level 5—Stroke Refinement

Provides further coordination and refinement of strokes.

- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling

Level 6—Swimming and Skill Proficiency

Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with “menu” options that focus on preparing participants for more advanced courses, including the, or other aquatic activities, such as competitive swimming or diving.

Options include:

- Fitness Swimmer
- Competitive Swimmer

A little about lesson structure...

- There will be a brief parent's meeting and then instructors will divide the kids into groups, based on the information on their registration form.
- The first lesson will be pre-test day, to evaluate if the children. If the instructor feels the participants should be in a different group level, they will move the child to a different level this day.
- If you would like to be an aid to the instructor, please mark this on your sheet or talk to your child's instructor.
- If your child is three years of age, an adult (that the child is comfortable with) must be in the water assisting your child at all times. If your child has the maturity and skills to be without a familiar adult in the water with them, this needs to be approved by the child's instructor.
- Each lesson is typically 45 minutes.
- If there is a canceled swim lesson, that lesson will be made up. Time and Day-TBA.
- Please sign up for Richmond Alert (Southview Pool Notifications) to be informed.
- or call the Pool's Incident Weather Hotline--816-776-2004 ext. 2.
- A Richmond Alert and phone update will only occur if there is a swim lesson change/cancellation.
- The last swim lesson will be a level post test. To see if your child is eligible for the next level.
- Certificates will be passed out on the last day of Swim Lessons.
- If you have a question or concerns, please communicate with your instructor or the pool supervisor on duty after class, in an appropriate setting and in an appropriate manner or schedule a meeting.