

Swim Lessons: two-week sessions
Four days per week: Monday, Tuesday,
Wednesday, Thursday.

Session 1

Levels 1 & 2

Enrollment limited to 10 children

Each instructor will have only 5 children

June 15 - 25, 2009 (No Friday's)

5:15 p.m. – 5:55 p.m.

6:00 p.m. – 6:40 p.m.

Levels 3 & 4 -class limited to 8 per instructor

June 15 - 25, 2009 (No Friday's)

5:15 p.m. – 5:55 p.m.

6:00 p.m. – 6:40 p.m.

Session 2

Levels 1 & 2

Enrollment limited to 10 children

Each instructor will have only 5 children

July 6-16, 2009 (No Friday's)

5:15 p.m. – 5:55 p.m.

6:00 p.m. – 6:40 p.m.

Levels 3 & 4 -class limited to 8 per instructor

July 6-16, 2009 (No Friday's)

5:15 p.m. – 5:55 p.m.

6:00 p.m. – 6:40 p.m.

Session 3

Levels 1 & 2

Enrollment limited to 10 children

Each instructor will have only 5 children

July 20-30, 2009 (No Friday's)

5:15 p.m. – 5:55 p.m.

6:00 p.m. – 6:40 p.m.

Levels 3 & 4 -class limited to 8 per instructor

July 20-30, 2009 (No Friday's)

5:15 p.m. – 5:55 p.m.

6:00 p.m. – 6:40 p.m.

Session 4 Adult Lessons

August 3 – 13, 2009 M-Th

5:15 p.m. – 6:00 p.m.

\$50.00 per swimmer.

What to bring: Each child is required to wear a swimsuit. No cutoffs or shorts will be allowed. Each child should bring his or her own towel.

Parking: Parking is located in the lot across the street from the front entrance to the Looney Complex (HPER Building). Please do not park in the circular drive if you are staying for the lesson; this is a 15 minute drop off zone. Please do not park in handicapped spaces unless you have a handicapped permit or license plate - you will be ticketed.

Parents are welcome to stay.

Cost: \$50 per two-week session.

Mail or bring in completed registration form(s) and check payment to:

MWSU

Recreation Services

Wonda Berry

Looney Complex –Room 147

4525 Downs Drive

St. Joseph, MO 64507

Payment must be received prior to the start of class.

Questions - call 271-4247



MWSU

Swim

Program



Summer

2009

Children's Swim Program Summer 2009

Classes will be held at Missouri Western State University Pool located in the Looney Complex.

Swim sessions will be two weeks in length with classes held four days per week: Monday, Tuesday, Wednesday, Thursday (40 minute sessions).

The following classes are offered:

Level 1- Water Exploration

Fully submerge face, experience buoyancy, supported float on front, supported float on back, bubble blowing, enter and exit water independently using ladder, ramp, steps, or side of pool; move through water comfortably, supported kicking on front, supported kicking on back, and introduction to alternating arm action.

Level 2 - Primary Skills

Hold breath and fully submerge head
Retrieve objects
Orientation to deep water
Prone float or glide, unsupported, and recovery
Supine float or glide, unsupported, and recovery
Leveling off from a vertical position
Rhythmic breathing, with or without support
Step from the side into chest-deep water and recover to a vertical position
Get out at side of pool
Flutter kick on front

Flutter kick on back
Finning on back
Back crawl arm action
Combined stroke front, using kick and alternating arm action
Combined stroke back, using kick and choice of arm movement

Level 3 - Stroke Readiness

Retrieve object, eyes open, no support
Bob, submerging head completely
Bob in water slightly over head to travel to safe area
Jump into deep water from side of pool
Dive from side of pool from kneeling and compact positions
Prone glide with push-off
Supine glide with push-off
Coordinate arm stroke for front crawl with breathing to the side
Coordinate back crawl
Elementary backstroke
Reverse direction while swimming on front
Reverse direction while swimming on back

Level 4 - Stroke Development

Deep -water bobbing
Experiment with buoyancy and floating position
Rotary breathing
Dive from side of pool from stride and standing positions
Elementary backstroke
Sculling on the back
Front crawl
Back crawl
Breaststroke
Sidestroke
Introduction to turning at wall

Red Cross Water Safety Instructors teach lessons. WSI Instructors are:

Amy Foley is the Fitness Center Coordinator and an experienced swim instructor. She has been a WSI instructor for many years. She has taught all ages from infant through adult at the Wathena pool and also taught lessons and managed the pool while completing her master's degree at KU. She has taught lessons at MWSU for several years.

Jill Brenneman is a returning instructor to MWSU. She has taught private swim lessons in the past. She is energetic and very enthusiastic and looking forward to teaching lessons again this summer.

Kate Laws is an education major at MWSU who has years of experience teaching young children. She has been a competitive swimmer with the USA Swim Teams in Arizona, Texas and Missouri. Most recently she coached the Pony Express Swim Team in St. Joseph, Missouri and the Savages' Summer League Swim Team in Savannah.

Lauren Grable has been teaching lessons for nine years throughout the community. She swam competitively for four years and currently teaches all ages of swimmers. She's very enthusiastic about swimming and loves to see progress at all stages.

All instructors are certified First Aid/CPR Professional Rescuer, Lifeguard and Water Safety Instructor.

Registration for Learn to Swim Program

Swimmer Information

Name of Swimmer: _____ Age: _____

Address: _____

Sex: _____ Date of Birth: ____/____/____ Faculty/Staff Student Community

Date: Please circle after reading brochure:

Session #1: June 15-25, 2009 **Session #2: July 6-16, 2009** **Session #3: July 20-30, 2009**
Choose one: 5:15 or 6 p.m. **Choose one: 5:15 or 6 p.m.** **Choose one: 5:15 or 6 p.m.**
Choose one: Level 1-2 or 3-4 **Choose one: Level 1-2 or 3-4** **Choose one: Level 1-2 or 3-4**

Session #4: August 3-13, 2009

Cost is \$50 per two-week session.

Payment (Check # _____)

Parent Information (for minors only)

Parent's Name(s) _____ Is parent a college employee? Yes No
(If so, campus address and telephone: _____)

Home phone: Mother () _____ Work phone: Mother () _____
Father () _____ Father () _____

Emergency Information

Emergency contact (not a parent) _____ Emergency phone () _____

Relationship of contact: _____

Please list any illness, medical conditions, allergies, or special medications we need to be aware of:

Please list everyone, including parents, who may pick up your child(ren): _____

Does the child(ren) have medical insurance coverage? Yes No Insurance Co: _____

Informed Consent

I understand that the staff of the Learn to Swim Program reserves the right to terminate any child(ren)'s participation in program due to behavior issues. I understand that there is a risk of injury involved any time a child participates in sports or recreation activities such as those being conducted in the Learn to Swim Program. With knowledge of such risk and in consideration for my child(ren) being permitted to participate, I agree to assume the risk of such injuries and agree to release Missouri Western State University, its employees, and agents from any and all liability for such injuries to my child(ren) resulting from his/her (their) participation in the Learn to Swim Program. I also authorize Missouri Western State University and its agents to request emergency medical treatment or care as necessary to insure the well being of my child and that I will be responsible for medical care expenses. Further, I claim that he/she(they) is(are) in good health and able to participate in all program activities. By signing this document I understand that photographs may be taken of my child(ren) participating in the program activities and agree to allow Rec. Services to use these images for promotion of the program, the department, and the university. I understand that I may cancel within 72 hours (three business days) of registration for any reason, and after that period the Rec. Services cancellation policy will be in effect.

Parent/Guardian/Adult Swimmer Signature

Date

Make checks payable to: Missouri Western State University (Mail-in and walk-in registration) Return form to:
Recreation Services (Looney Complex-Room 147) 4525 Downs Drive, St. Joseph, MO 64507
Telephone: 271-4247 (Wonda Berry)