

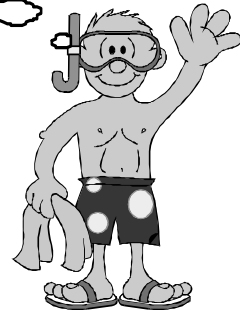
## Class Fees:

**Little Tikes Classes**  
\$40 per student  
(Eight 30 minute Lessons)

**Level/Adult Classes:**  
\$40 per student  
(Eight 45 minute Lessons)

Learn to Swim In 2009

Contact  
platte City Parks & Recreation 858-5627



### REGISTRATION FORM:

Parent's Name: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

Name in Case of Emergency: \_\_\_\_\_ Phone: \_\_\_\_\_

Day Care Provider: \_\_\_\_\_ Phone: \_\_\_\_\_

**PLEASE COMPLETE A REGISTRATION FORM FOR EACH STUDENT**

Student's Name: \_\_\_\_\_ Age: \_\_\_\_\_

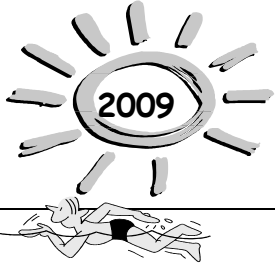
Session: \_\_\_\_\_ Dates: \_\_\_\_\_ Time: \_\_\_\_\_ Level: \_\_\_\_\_

Fee: \_\_\_\_\_ Make Checks Payable to:  
Cash or Check *Platte City Parks & Recreation 400 Main St. Platte City, MO 64079*

**Sign-Up at City Hall in Platte City 400 Main St 8:00am - 5:00pm Monday - Friday**

Online Registration at [www.plattecity.org](http://www.plattecity.org)

Call Platte City Parks & Rec. with any questions at (816) 858-5627 or (816) 935-7080



# LEARN TO SWIM

Platte City 405 Fourth St., Platte City, MO 64079

	SESSION 1 June 22 - July 2	SESSION 2 July 6 - July 16	SESSION 3 July 20 - July 30
<b>Little Tikes</b> Infant/Toddler (Introductory)		11:15 - 11:45 a.m.	7:15 - 7:45 p.m.
<b>Little Tikes</b> 3 - 5 years old (Introductory)	10:10 - 10:40 a.m. 11:05 - 11:35 a.m.	10:10 - 10:40 a.m. 11:05 - 11:35 a.m. 7:10 - 7:40 p.m.	10:10 - 10:40 a.m. 11:05 - 11:35 a.m. 7:10 - 7:40 p.m.
<b>Level 1</b> (Beginner)	10:10 - 10:55 a.m. 11:05 - 11:50 a.m. 7:10 - 7:55 p.m.	10:10 - 10:55 a.m. 11:05 - 11:50 a.m.	11:10 - 11:55 a.m. 11:05 - 11:50 a.m. 7:10 - 7:55 p.m.
<b>Level 2</b> (Beginner)	10:10 - 10:55 a.m. 11:05 - 11:50 a.m.	10:10 - 10:55 a.m. 11:05 - 11:50 a.m. 7:10 - 7:55 p.m.	10:10 - 10:55 a.m. 11:05 - 11:50 a.m.
<b>Level 3</b> (Intermediate)	10:10 - 10:55 a.m. 11:05 - 11:50 a.m. 7:10 - 7:55 p.m.	10:10 - 10:55 a.m. 11:05 - 11:50 a.m.	10:10 - 10:55 a.m. 11:05 - 11:50 a.m.
<b>Level 4</b> (Intermediate)	11:05 - 11:50 a.m.	11:05 - 11:50 a.m.	11:05 - 11:50 a.m.
<b>Level 5</b> (Advanced)	11:05 - 11:50 a.m.		11:05 - 11:50 a.m.
<b>Level 6</b> (Advanced)		11:05 - 11:50 a.m.	11:05 - 11:50 a.m.
<b>ALL CLASSES ARE HELD MONDAY THROUGH THURSDAY</b> <b>ALL SESSIONS CLASS SIZE --- (minimum 6 --- maximum 15)</b> <b>(Sign-up deadline is one week prior to the start date of each session)</b>			

## HOW TO CHOSE THE LEVEL YOU NEED:

The skills listed for the class will be accomplished by the end of the session. If your child has completed all the skills listed, advance to the next level. If not, enroll in that level. For assistance, call Platte City Parks and Recreation (816) 858-5627

### Infant and Preschool Aquatic Program

These 30-min lessons are designed to develop a comfort level in and around the water and a readiness to swim.

#### Infant/Toddlers (6 months-2 years)

We will have water activities and work on supported movement elementary forms of propulsion, using Floatation devices effectively, appropriate water safety skills and parent safety skills. Parent or guardian must accompany child in the water.

#### Level 1 (Water Exploration)

Topics and skills covered: fully submerge face and blow bubbles; support floating and kicking on front and back alternating arm action; water safety rules; how to get help in an emergency; how to perform reaching assists without equipment; how to use a life jacket.

#### Level 2 (Primary Skills)

Topics and skills covered: develop maximum efficiency and endurance for rhythmic breathing; combined stroke on front and back; back crawl; turning over; reaching and extension assist; rescue breathing.

#### Level 3 (Stroke Readiness)

Topics and skills covered: back crawl; elementary backstroke kick; coordinated arm stroke with breathing for front crawl; tread water, dive from poolside; self-rescue skills and rescue breathing.

#### Level 4 (Stroke Development)

Topics and skills covered; develop confidence and competency in front crawl with rotary breathing; back crawl; elementary backstroke; scissors kick deep water bobbing; turns at the wall; poolside diving from stride standing positions

#### Level 5 (Stroke Refinement)

Topics and skills covered; refinement of breaststroke; sidestroke; front and back crawls; elementary back, butterfly; altering breathing; standing

#### Level 6 (Skill Proficiency)

Topic and skills covered; floating and kicking on front and back strokes and treading water; fly turns; tuck and pike surface diving; approach and hurdle on diving board; throwing assists; how to roll a spinal injury victim face up.