

summer swim lessons

Get out. Get going.

CITY OF KEARNEY PARK & RECREATION

KPR PO Box 1180 / Kearney, NE 68848 / 2005 1st Avenue / 308-237-4644 / Mon. - Fri. 8am-5pm / www.cityofkearney.org



Summer 2017

The Kearney Park & Recreation Department coordinates the summer swim lesson program at Harmon and Centennial Swimming Pools. The lessons will still follow the American Red Cross Learn-to-Swim format. Class registration will be done through KPR by phone, mail, or in person at the KPR Office (2005 1st Ave.) starting Mon, April 10th.

Guidelines to know before registering for classes:

- You may only register your child for one class at a time. Once the class has concluded, you may register for an additional class.
- Please register at least 3 working days before the start of the class.
- Class registration can not be done at the swimming pools.
- Closely review the "prerequisites" of each class before registering to determine the level your child should be in.

SWIM LESSON CLASS INFORMATION

PARENT/CHILD LESSONS: Ages 6 months-3 years old - \$30

To enter **PARENT/CHILD LESSONS**, students must be at least 6 months old by the start of the class to enroll. A parent/guardian is required to participate with the child in each class.

PRESCHOOL LESSONS: Ages 4-5 - \$35

To enter **PRESCHOOL LESSONS**, students must be 4-5 years old by the start of the class to enroll.

KPR will offer Preschool classes without the designation of levels. Students will register as a large group then will be divided into smaller groups based on class size and swimmer abilities. This allows the instructors to group students with like abilities which will allow us to best serve the students.

The American Red Cross Pre School lessons are the equivalent of Pike, Starfish, Rays & Eels in YMCA lessons.

LEARN TO SWIM (Levels 1-2): Recommended for ages 6 & up - \$35

To enter **LEVEL 1**, it is recommended that students be at least 6 years old.

The American Red Cross Level 1 lessons are the equivalent of Polliwogs in YMCA lessons.

To enter **LEVEL 2**, students must have passed Level 1 or be able to:

- Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water. (Participants can walk, move along the gutter or "swim.")
- Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.)

The American Red Cross Level 2 lessons are the equivalent of Guppies in YMCA lessons.

SWIM LESSON BAD WEATHER PHONE LINE

In case of bad weather, please call
4-INFO at 234-4636, ext. 4114.

We will attempt to announce cancellations at least one hour before the start of the class. Classes will be made-up on Fridays for Session #1 & #2, and the following Monday for Session #3.

LEARN TO SWIM (Levels 3-6): Recommended for ages 6 & up - \$35

To enter **LEVEL 3**, students must have passed Level 2 or be able to:

- Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
- Move into a back float for 5 seconds, roll to front then recover to a vertical position.
- Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths. (You can assist the participant when taking a breath.)

The American Red Cross Level 3 lessons are the equivalent of Minnows in YMCA lessons.

To enter **LEVEL 4**, students must have passed Level 3 or be able to:

- Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

The American Red Cross Level 4 lessons are the equivalent of Fish in YMCA lessons.

To enter **LEVEL 5**, students must have passed Level 4 or be able to:

- Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
- Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

The American Red Cross Level 5 lessons are the equivalent of Flying Fish in YMCA lessons.

To enter **LEVEL 6**, students must have passed Level 5 or be able to:

- Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards.
- Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.

Students enrolled in Level 6 classes will do a combination of Diving, Fitness Swimmer and Personal Water Safety in each class.

The American Red Cross Level 6 lessons are the equivalent of Sharks in YMCA lessons.

KEARNEY PARK & RECREATION SWIM LESSON SCHEDULE

HOW TO FIND YOUR CLASS: There are three sessions to choose from (June 12-22, July 10-20, and July 24-28). The last session is only one week, so class times are a little longer. The class levels are listed along the top of each column for each session. The class times are listed along the left side of each row. Follow the column and row until the two meet to see when classes are offered. The number in the box indicates the class number. Make-up classes, due to bad weather, will be conducted on Fridays for Sessions #1 & #2, and on the following Monday for Session #3.

SESSION #1 June 12-22, Monday-Thursday, HARMON POOL

Morning	Parent/Child	Preschool	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
10:00-10:45am			#7111	#7112	#7113		#7115	
11:00-11:45am			#7121	#7122		#7124		#7126
12:00-12:30pm	#7120	#7130						
Evening								
5:10-5:55pm			#7131	#7132	#7133	#7134		#7136
5:55-6:25pm	#7140	#7150						

June 12-22, Monday-Thursday, CENTENNIAL POOL

Evening	Parent/Child	Preschool	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
5:00-5:45pm			#7141	#7142				
5:00-5:30pm	#7160	#7170						

SESSION #2: July 10-20, Monday-Thursday, HARMON POOL

Morning	Parent/Child	Preschool	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
10:00-10:45am			#7211	#7212	#7213		#7215	
11:00-11:45am			#7221	#7222		#7224		#7226
12:00-12:30pm	#7220	#7230						
Evening								
5:10-5:55pm			#7231	#7232	#7233	#7234	#7235	
5:55-6:25pm	#7240	#7250						

July 10-20, Monday-Thursday, CENTENNIAL POOL

Evening	Parent/Child	Preschool	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
5:00-5:45pm			#7241	#7242				
5:00-5:30pm	#7260	#7270						

SESSION #3: July 24-28, Monday-Friday, HARMON POOL

Morning	Parent/Child	Preschool	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
9:30-10:30am			#7311	#7312	#7313		#7315	
10:45-11:45am			#7321	#7322	#7323	#7324		
12:00-12:45pm	#7320	#7330						
Evening								
5:15-6:15pm			#7331	#7332	#7333	#7334		
5:15-6:00pm		#7350						

July 24-28, Monday-Friday, CENTENNIAL POOL

Evening	Parent/Child	Preschool	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
5:00-6:00pm			#7341	#7342				
5:00-5:45pm	#7360	#7370						

**KPR SUMMER
BROCHURE**
 Available in the
 Kearney Hub
 Friday, April 7.
 Registration
 begins Monday,
 April 10.