

South Park Recreation Center
1190 Bullet Rd.
P.O. Box 1075
Fairplay, CO 80440
Phone: 719-836-0747
Fax: 719-836-0710
www.southparkrec.org



I, the signed, hereby release South Park Recreation Center and its employees from any liability that may arise from participation in any recreation center program(s). I hereby agree to comply with all rules of South Park Recreation Center.

Persons with special needs shall contact South Park Recreation Center at least one week prior to start of class to determine if reasonable accommodations will be made for participation. In case of participant cancellation, full refund will be granted if cancellation does not result in class minimum numbers failing to be met. If class minimum number is not met, due to participant cancellation, a refund will not be granted.

Signature: _____

Date: _____
Parent / Guardian signature required for all participants less than 18 years of age.

All lessons have a minimum number of 4 Participants.

For more information contact the Aquatics Supervisor at 719-836-0747 ext. 103



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Winter 2012

Weekend

Swim Lessons

Sign up one child for full price and receive a 25% discount for your second child. Both children must be signed up for the same session. Contact the rec center for more information.

Parent & Child

Parents and children (ages 6 months up to 3 years) learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control.

Level 1 Introduction to Water Skills

Purpose: Helps students feel comfortable in the water.

Participants learn to:

- Enter and exit water safely
- Submerge mouth, nose and eyes
- Exhale underwater through mouth and nose
- Open eyes underwater, pick up submerged object
- Float on front and back Explore arm and hand movements
- Swim on front and back using arm and leg actions
- Follow basic water safety rules
- Use a life jacket

Level 2 Fundamental Aquatic Skills

Purpose: Gives students success with fundamental skills. Participants learn to:

- Enter water by stepping or jumping from the side
- Exit water safely using ladder or side
- Submerge entire head
- Open eyes underwater, pick up a submerged object
- Float on front and back
- Perform front and back glide
- Roll over from front to back, back to front
- Swim on side
- Swim on front and back using combined strokes
- Tread water using arm and leg motions
- Move in the water while wearing a life jacket

Level 3 Stroke Development

Purpose: Builds on the skills in Level 2 through additional guided practice. Participants learn to:

- Jump into deep water from the side
- Dive from kneeling or standing position
- Submerge and retrieve an object
- Bob with the head fully submerged
- Use rotary breathing in horizontal position
- Perform front and back glide
- Perform survival float
- Perform front and back crawl
- Butterfly—kick and body motion
- Perform the HELP and Huddle position
- Perform a reaching assist Use
- Check-Call-Care in an emergency
- Change from horizontal to vertical position on front and back

Level 4 Stroke Improvement

Purpose: Develops confidence in the skills learned and improves other aquatic skills. Participants learn to:

- Perform shallow dive or dive from stride position
- Swim underwater
- Perform feet-first surface dive

- Perform open turns on front and back using any stroke
- Tread water using sculling arm motions and kick
- Perform the following:
 - Front and back crawl
 - Breaststroke
 - Butterfly
 - Elementary backstroke
 - Swim on side using scissors-like kick
- Use safe diving rules
- Perform compact jump into water from a height while wearing a life jacket
 - Perform a throwing assist
- Care for conscious choking victim

Level 5 Stroke Refinement

Purpose: Provides further coordination and refinement of strokes. Level 5 participants learn to:

- Tread water with two different kicks Learn survival swimming Perform rescue breathing
- Perform the following:
 - Standing dive
 - Shallow dive, glide two body lengths and begin any front stroke
 - Tuck surface dive
 - Pike surface dive
 - Front flip turn
 - Backstroke flip turn
 - Front and back crawl
 - Butterfly
 - Breaststroke
 - Elementary backstroke
 - Sidestroke

Schedule of Classes

Session C: February 4 – March 10

Days: Saturday

Parent & Child

Ages 6 months up to 3 yrs

Time: 10:30am – 11:00am

Preschool (Level 1&2)

Ages 3 yrs up to 5 yrs

Time: 11:05am – 11:35am

Level 2&3 Combined

Ages 5 yrs and up

Time: 11:40am – 12:10pm

Level 4&5 Combined

Ages 5 yrs and up

Time: 12:15pm – 12:55pm

Registration Form

Participant Name: _____

Participant DOB: _____ Male Female

Sign up for: Price: Member Non-Member

Parent & Child Session C \$36.00 \$48.00

Preschool Session C \$36.00 \$48.00

Level 2&3 Session C \$36.00 \$48.00

Level 4&5 Session C \$45.00 \$60.00

Total: _____

All payments are due at the time of registration.

Method of Payment

Cash

Check

Credit Card

Check Number: _____

Visa Master Card

Parent / Guardian

Mailing Address

Phone

E-mail

Please read the waiver on the back of this page and sign.