

2021 SWIM LESSONS

 SEDALIA
PARKS &
RECREATION

Registration
opens April 19th!

Session 1: June 7-17, Register by June 3
Session 2: July 5-15, Register by July 2
Session 3: August 2-12, Register by July 29

Monday- Thursday 2 week sessions \$35 per session

Class times (except Water Babies and Preschool Swim):
9:15am, 10:15am, 6:15pm, 7:15pm at Liberty Pool

- Water Babies:** Adjusting to water, blowing bubbles, moving arms and kicking feet with parental help. Parents are required to get in the water with the child. Class times 10:15am, 10:45am, 6:15pm, 6:45pm, 7:15pm. Suggested ages: 6 months-2yrs.
- Preschool Swim:** Floating with assistance, retrieving underwater objects, blowing bubbles (controlled breathing), arm and leg actions with assistance. Parents are required to get in the water with the child. Class times 10:15am, 10:45am, 6:15pm, 6:45pm, 7:15pm. Suggested ages: 3-5 yrs.
- Level 1:** Entering and exiting the water safely, submerging, breath control, front and back float with assistance, moving in water comfortably, kick on front/back with assistance, introduce alternating arm action. Suggested ages: 4-6 yrs
- Level 2:** Jumping from side, submerging head, open eyes under water, front and back glide with no assistance, flutter kicks, back crawl arm action, combined arm and leg action. Suggested ages: 5-7 yrs.
- Level 3:** Jump in deep water, head first entry from sitting, submerging objects with eyes open, crawl with side breathing, back crawl, elementary back stroke, reverse front/back, tread water. Suggested ages: 6-10 yrs.
- Level 4:** Deep water bobbing, side dive, basics of breast stroke, turning at wall, treading water with scissor or rotary kicks. Suggested ages: 8-10 yrs.
- Level 5:** Alternate breathing, stride jump entry, diving progression, long shallow dive, breaststroke, sidestroke, underwater swimming, butterfly dolphin kick, surface dive, tread water 3 mins. Suggested ages: 9-11 yrs.

Private and adult lessons available. Call the park office or email cscott@sedaliaparks.com for more information.