



# Richmond Southview Pool Group Swim Lesson Registration Form

Location: Southview Pool (333 E. South Street)

Questions? E-mail: [Hwilliams@cityofrichmondmo.org](mailto:Hwilliams@cityofrichmondmo.org)

Follow us on Facebook for cancelations/updates

Sign up for RICHMOND ALERT at [www.cityofrichmondmo.org](http://www.cityofrichmondmo.org)

If lessons are canceled, we will notify you through Richmond Alert. If you do not receive a Richmond Alert, lessons are still on as scheduled.

### \$75.00 per session

Participant's Name: \_\_\_\_\_ Guardian's Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

Participant's Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Last Level Completed: \_\_\_\_\_

Based on the objectives on the back of this sheet, what level do you think your child might be in? Please select ONE.

Level 1  Level 2  Level 3  Level 4  Level 5  Level 6

Please list any health concerns the participant has that the swim lesson instructors should be aware of:

SWIM LESSON SESSIONS TO SELECT FROM:	Times to select from:	Forms are taken until class is filled to max. or below deadline, whichever comes first.
Session 1: June 15, 16, 17, 18, 19, 22, 24, 25	12:00pm <input type="checkbox"/> 6:00pm <input type="checkbox"/>	Session 1 Registration Deadline: 6/8/26
Session 2: July 6, 7, 8, 9, 13, 15, 16, 17	12:00pm <input type="checkbox"/> 6:00pm <input type="checkbox"/>	Session 2 Registration Deadline: 6/29/26

★ Participants must be three years of age or older on or before first day of classes

★ Not sure if your child is ready for group swim lessons?

Sign up for one or two private swim lessons and see how he/she reacts in the water. (Please fill out a different form for private lessons.)

★ If your child is three years of age, parents must get in the water with child.

★ Are you interested in helping with your child's class as an instructor's aid? YES  NO

As a guardian of the participant enrolled in this program and/or as a volunteer lifeguard aid, I recognize and acknowledge that there are certain risks of physical injury involved in this program, and I am aware and understand that the swim lesson instructors providing instruction may not hold certifications from a recognized swim instructor certification organization. I agree to assume the full risk of any injuries, including death, damage or loss which may be sustained as a result of participating in the program. I hereby waive, release, absolve, indemnify and agree to hold harmless the Richmond Parks & Recreation Department, the City of Richmond, the organizers, sponsors, supervisors, managers, lifeguards, instructors, participants, and persons transporting my child to and from activities, for any claim arising out of any injury to my/our child/myself whether the result of negligence or for any other cause. I have read and fully understand the above program details and waive and release all claims. No Refunds.  
By signing this form, you agree with the above.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Please return to the FRONT DESK of City Hall, 205 Summit St., Richmond, MO**

**Make checks payable to: City of Richmond**

City Hall Hours: M-F 8:00am-4:30pm. If after 4:30, you may put this form/fee in an envelope and put in the "after hours" box outside of City Hall--NO CASH IN "AFTER HOURS" BOX.

Amount Paid \$ \_\_\_\_\_ Date Rec'd \_\_\_\_\_ By \_\_\_\_\_

# Richmond Southview Pool

## Group Swim Lesson Objectives

*The Southview Pool offers a developmentally appropriate swim lesson program that teaches your child how to swim skillfully and safely. The prerequisite for each level is the successful demonstration of skills from the preceding level, except for level 1, which has no*

### Level 1—Introduction to Water Skills

#### Suggested age 3-4 years

**Helps participants feel comfortable in water**

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back

### Level 2—Fundamental Aquatic Skills

#### Suggested age 4-5 years

**Gives participants success with fundamental skills.**

- Enter and exit water by stepping or jumping from the side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back

### Level 3—Stroke Development

#### Suggested age 5-6 years

**Builds on the skills in Level 2 through additional guided practice in deeper water.**

- Enter water by jumping from the side
- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Survival float
- Back float
- Change from vertical to horizontal position on front & back
- Tread water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke

### Level 4—Stroke Improvement

#### Suggested age 6-8 years

**Develops confidence in the skills learned and improves other aquatic skills.**

- Headfirst entries from the side in compact and stride positions
- Swim under water
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back

### Level 5—Stroke Refinement

#### Suggested age 7+ years

**Provides further coordination and refinement of strokes.**

- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling

### Level 6—Swimming and Skill Proficiency

#### Suggested age 10+ years

**Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with “menu” options that focus on preparing participants for more advanced courses such as competitive swimming diving, or lifeguarding introduction.**

#### A little about lesson structure...

- There will be a brief parent's meeting and then instructors will divide the kids into groups, based on the information on their registration form.
- The first lesson will evaluate the participants. If the instructor feels the participants should be in a different group level, they will move the child to a different level.
- If you would like to be an aid to the instructor, please mark this on your sheet or talk to your child's instructor.
- If your child is three years of age, an adult (that the child is comfortable with) must be in the water assisting your child at all times. If your child has the maturity and skills to be without a familiar adult in the water with them, this needs to be approved by the child's instructor.
- Each lesson is typically 30 minutes.
- If there is a canceled swim lesson, that lesson will be made up. Time and Day-TBA.
- Please sign up for Richmond Alert (Southview Pool Notifications) to be informed.
- A Richmond Alert and phone update will only occur if there is a swim lesson change/cancellation.
- If you have a question or concerns, please communicate with your instructor or e-mail: [hwilliams@cityofrichmondmo.org](mailto:hwilliams@cityofrichmondmo.org)

