



Richmond Southview Pool

Private Swim Lesson Registration Form

3 years through-adult

One-on-one lessons with instructor. You choose the time and day. Time & day must work with pool and instructor schedule. Children must be at least three years of age to sign up. Private swim lessons are a great choice for anyone, even adults! If you never learned how to swim when you were younger, if you don't think your child is quite ready for group lessons, or if you do not feel group lessons would be a good fit for your child, that is okay-- we can help you. OR if you already know how to swim, but you want to refine a stroke, rhythmic breathing, or other swimming mechanics, private swim lessons might be the perfect option for you! Lessons last 30 minutes each. Are you in high school or older? And you want to take swim lessons, but would feel more comfortable if you had a friend complete the lesson with? If so, their lesson fee would be \$5.00. Registration forms must be turned in together and note must be on the form.

Questions? E-mail: Hwilliams@cityofrichmondmo.org **Location:** Southview Pool (333 East South Street)
Pool Inclement Weather Hotline: (816)776-2004 ext.2 Sign up for RICHMOND ALERT at www.cityofrichmondmo.org

\$20.00 per lesson

Participant's Name:

Guardian's Name:

Address:

E-mail:

Cell Phone:

Alternate Phone:

Participant's Age: _____ Birthdate: _____ Last Level Completed _____

Please list any health concerns the participant has that the Swim Lesson Instructors should be aware of:

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

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

Not sure, my child is not experienced in the water

☐

Is there anything specific you or your child would like to work on? Such as diving, a certain stroke, rhythmic breathing, etc.?

REQUESTED DATE FOR SWIM LESSON:

REQUESTED TIME FOR SWIM LESSON:

REQUESTED INSTRUCTOR:

★ **Please give at least five business days notice before your scheduled lesson.**

★ **The Southview Pool will call you confirm your selected days/times.**

★ **If your child is three years of age, we recommend parents get in the water with child**

POOL PASS DISCOUNTS!!!!

Once you sign up for swim lessons, you become eligible to receive discounts towards your 2023 Southview Pool Season Pass

When you sign you or your child up for four swim lessons, ask the Front Desk about obtaining your discounted pool pass.

For every four private lessons you sign up for, receive \$15.00 OFF of their Season Pass.

If your child is 3 years of age(they get their pool pass for free), you may apply their discount towards your pool pass purchase, or another person's season pass (living in the same house hold as you).

Benefits of Purchasing a Season Pass:

1.) unlimited entries into the Southview pool during General Swim Hours 2.) free lap swim 3.) free entry to Southview Pool Special Events (including TWILIGHT SWIM) 4.) \$5.00 off Pool Party reservation fee 5.) \$5.00 off City Gym reservation fee

To obtain a Pool Pass, please fill out Pool Pass Registration Form & Pay At the Front Desk of City Hall, M-F, 8:00am-4:30pm.

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 awareand 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 Recreation Department, the Richmond Parks 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.

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

City Hall Hours: M-F 8:00am-4:30pm, M-F. 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

Swim Lesson Objectives

The Southview Pool offers a developmentally appropriate swim lesson program that teaches your child how to swim skillfully and safely.

<p><u>Level 1--Introduction to Water Skills</u> <u>Suggested age 3-4 years</u></p> <p>Helps participants feel comfortable in water</p> <ul style="list-style-type: none">• 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	<p><u>Level 2—Fundamental Aquatic Skills</u> <u>Suggested age 4-5 years</u></p> <p>Gives participants success with fundamental skills.</p> <ul style="list-style-type: none">• 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
<p><u>Level 3—Stroke Development</u> <u>Suggested age 5-6 years</u></p> <p>Builds on the skills in Level 2 through additional guided practice in deeper water.</p> <ul style="list-style-type: none">• 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 and back• Tread water• Flutter, scissor, dolphin and breaststroke kicks on front	<p><u>Level 4—Stroke Improvement</u> <u>Suggested age 6-8 years</u></p> <p>Develops confidence in the skills learned and improves other aquatic skills.</p> <ul style="list-style-type: none">• 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
<p><u>Level 5—Stroke Refinement</u> <u>Suggested age 7+ years</u></p> <p>Provides further coordination and refinement of strokes.</p> <ul style="list-style-type: none">• 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	<p><u>Level 6—Swimming and Skill Proficiency</u></p> <p>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 or diving.</p> <p>Options include:</p> <ul style="list-style-type: none">• Fitness Swimmer• Competitive Swimmer

PRESCHOOL AQUATICS

***DO YOU WANT YOUR CHILD TO GO FROM BEING AN UNEXPIERENCED SWIMMER TO A CONFIDENT SWIMMER IN AND AROUND THE WATER?
MAKE A GOAL, THIS SUMMER, TO ACCOMPLISH THE FOLLOWING ACTIVITIES...***

- ✓ Enter and exit water using ladder, steps or side
- ✓ Blow bubbles through mouth and nose
- ✓ Bobbing
- ✓ Submerge mouth, nose, and eyes
- ✓ Open eyes under water and retrieve submerged objects
- ✓ Front and back glides and floats
- ✓ Front and back glides and recover to a vertical position
- ✓ Roll from front to back and back to front
- ✓ Back float and recover to a vertical position
- ✓ Tread water using arm and hand actions
- ✓ Tread water using arm and leg 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
- ✓ Finning arm action on back
- ✓ Enter water by jumping in
- ✓ Fully submerge and hold breath
- ✓ Front, jellyfish and tuck floats
- ✓ Change direction of travel while swimming on front or back