

MAKING WAVES

PROGRESSIVE SWIM LESSONS

JCPRD is excited to present our progressive aquatic lesson program for kids ages 6 months to 6 years: "Making Waves."

Our goal is to offer a progression of lessons which can take a swimmer from basic level skills to pre-swim team skills.

Please call (913) 432-3905 for more information in deciding which class to choose for your child.

Parent and Child - (Step I)

With parent & instructor support:

- Introduction to the water
- Use of songs and toys
- Submerge eyes, nose and mouth
- Changing body position in the water
- Supported prone floating on front and back
- Moving arms and legs on front and back
- Blowing bubbles
- Student-to-instructor ratio is 10:1 at most

Minnows - (Step III)

Introductory/Beginning with assistance:

- Blowing bubbles
- Supported prone float and prone glide (front and back)
- Submerging underwater and retrieving objects
- Bobbing
- Jumping off side in water above the head
- Introduction of arms for freestyle and backstroke
- Flutter kick
- Student-to-instructor ratio is 6:1 at most

Sea Turtles - (Step V)

Intermediate/Advanced:

Swimmers should have completed introductory swimming class/be able to perform beginning level skills.

- Bobbing in water independently
- Independent streamline (front and back)
- Prone glide with flutter kick
- Flutter kick using a kickboard
- Continued refinement of arms for freestyle and backstroke
- Jumping off side independently and then initiating freestyle
- Introduction to diving off side (seated and kneeling position)
- Treading water independently
- Student-to-instructor ratio is 6:1 at most

Jellyfish - (Step II)

With instructor support:

- Blowing bubbles with nose and mouth
- Submerge head completely
- Supported front and back float
- Supported jumping into chest deep water
- Introduction to bobbing
- Supported movement of arms and legs on front
- Supported movement of arms and legs on back
- Student-to-instructor ratio is 5:1 at most

Sea Horses - (Step IV)

Intermediate with minimal assistance:

- Swim freestyle and backstroke unsupported
- Bobbing in water independently
- Independent prone float and glide (front and back)
- Independent streamline (front and back)
- Flutter kick using a kickboard with assistance
- Introduction to treading water
- Student-to-instructor ratio is 6:1 at most

For Private Lessons for Ages 3-14, See Page 20.

For Precompetitive Stroke Clinics for Ages 6-12 and 8-14, See Page 20.

For Private Lessons for Ages 16 and Older, See Page 35.

For Water Exercise programs for 50 Plus, See Pages 35 & 46.

For Roeland Park Aquatic Center Hours & Fees, See Page 19.



JOHNSON COUNTY
Park & Recreation
District