

Gladstone Municipal Pool

Swimming Lessons

Learn-To-Swim American Red Cross Program

Register Early!

The City of Gladstone incorporates the American Red Cross “Learn-To-Swim Program” into its swim lessons. All swim lessons are taught by certified instructors in a supportive environment. Listed below are descriptions of the program.

Program Information

- Lesson fees are \$35 per student per class for season membership holders and \$40 per student per class for non-members. Must present membership card when registering to receive discount.
- Registration for lessons takes place at the pool. In case of inclement weather, sign-ups will be held at Gladstone City Hall.
- *Pool members only may pre-register the Thursday prior to open enrollment.*
- Registrations will be accepted during operation hours at the pool as class space permits.
- Second Friday reserved for make-ups.
- Classes postponed due to weather will be made up at earliest opportunity.
- Payment must accompany enrollment. NO mail-in registration accepted.
- NO refunds unless class is cancelled.
- For additional information contact the Pool at 816-436-2299 (after May 29th) or Recreation at 816-436-2200.



Swim Lesson Schedule and Class Descriptions

Note: Levels and times may change at the discretion of the Pool management. Competitive lessons to be announced.

Session I Monday, June 7th-Friday, June 18th (9 lessons) Registration opens: Saturday, May 29th - 9-10 a.m.**

Session II Monday, June 21st-Friday, July 2nd (9 lessons) Registration opens: Saturday, June 12th - 9-10 a.m.**

Session III Monday, July 5th-Friday, July 16th (9 lessons) Registration opens: Saturday, June 26th -9-10 a.m.**

Session IV Monday, July 19th-Friday, July 30th (9 lessons) Registration opens: Saturday, July 10th - 9-10 a.m.**

Session V* Monday, August 2nd-Friday, August 13th (9 lessons) Registration opens: Saturday, July 24th - 9-10 a.m.**

*Schedule to be announced. **Lesson sign up will resume at Noon on above dates.

Class Choices and times*

9-9:40 – Aqua Tots, Level I & II, Level III, Level IV, Level V, Level VI

9:45-10:25 – Aqua Tots, Level I & II, Level III, Level IV, Level V

10:30-11:10 – Aqua Tots, Level I & II, Level III, Level IV, Level V

11:15-11:55 – Aqua Tots, Level I & II, Level III, Level IV and V

****Disclaimer* - All classes and times are subject to change due to instructor availability, please check at pool office for complete schedule.***

- **Aqua Tots**—Age(s): 3-4 years old—Classes limited to 5 students with a 30 minute time limit.
- **Learn-To-Swim I – Introduction to Water Skills**—Age(s): 5-12 years old—Purpose: To orient participants to the aquatic environment and teach them elementary skills that can be built on as they progress through the Learn-to-Swim Program.
- **Learn-To-Swim II – Fundamental Aquatic Skills**—Age(s): 6-12 years old—Purpose: To build on the fundamental aquatic locomotion, safety and rescue skills presented in Level I. Prerequisite: A Learn-to-Swim Level I certificate or demonstrated competency in Level I skills.
- **Learn-To-Swim III – Stroke Development**—Age(s): 6-12 years old—Purpose: To build on the aquatic locomotion, safety and rescue skills presented in Level II by providing participants with additional guided practice. Prerequisite: A Learn-to-Swim Level II certificate or demonstrated competency in Level II skills.
- **Learn-To-Swim IV – Stroke Improvement**—Age(s): 7-12 years old—Purpose: To develop confidence and competency in the aquatic locomotion, safety and rescue skills presented in the Learn-to-Swim Program thus far. Prerequisite: A Learn-to-Swim Level III certificate or demonstrated competency in Level III skills.
- **Learn-To-Swim V – Stroke Refinement**—Age(s): 7-12 years old—Purpose: To coordinate and refine the key strokes presented thus far in the Learn-to-Swim Program and to open turns, feet-first surface dive and springboard diving. Prerequisite: A Learn-to-Swim IV certificate or demonstrated competency in Level IV skills.
- **Learn-To-Swim VI – Swimming and Skill Proficiency**—Age(s): 7-12 years old—Purpose: Refines the strokes as students swim them with ease, efficiency, power and smoothness over greater distances. This class is designed with options that focus on preparing students to participate in more advanced courses including the Water Safety Instructor and Lifeguard training courses.