



FALL SWIM CONDITIONING



The High Blue Wellness Center is now offering six-week conditioning sessions for beginning, intermediate and advanced competitive level swimmers. Conditioning classes and requirements:

SKILLS AND TECHNIQUES (beginner level)

Swimmers must be a graduate of

Level 4 swim lessons or able to demonstrate Level 4 skills in a tryout. (See our website for description of Level 4 skills) Coaches will focus on proper technique of each competitive stroke (Freestyle, Backstroke, & Breaststroke) with a view to increasing stroke efficiency and distance. As the session progresses, swimmers will build strength, endurance and speed. This class is 45 minutes in length and has a maximum coach to swimmer ratio of 6:1.

PROFICIENCY AND STAMINA (intermediate level)

Swimmers must be a graduate of the beginner level of this program or demonstrate the ability to swim 100 continuous yards in Freestyle and Backstroke, and 25 continuous yards of Breaststroke. Coaches will focus on introducing Butterfly and legalizing the 4 competitive strokes (according to USA Swimming standards) as well as increasing stamina, speed and willpower. This class is 1 hour in length and has a maximum coach to swimmer ratio of 12:1.

CONDITIONING AND ENDURANCE (advanced level)

Swimmers must be a graduate of the intermediate level of this program or able to demonstrate proficiency in all four competitive strokes (legally according to USA Swimming standards) as well as swim a continuous 200 yards (eight pool lengths). Coaches will focus on fine-tuning techniques for competitive swimming as well as boosting muscle, cardiovascular and mental strength for competition in swimming and other sports. This class is 1 hour in length and has a maximum coach to swimmer ratio of 15:1.

***If you are new to our programs or your child has not been receiving swim instruction for more than 6 weeks, please contact the Heather Agozino at 348.7400 ext. 7419 to schedule an evaluation prior to registration to ensure a smooth transition and proper placement within our aquatic programs.*

Fees:

Member Fees:

Early Bird Fee - 2 Days a Week - \$56 *if registered by Thursday prior to beginning of session*

Fee - 2 Days a Week - \$66

Early Bird Fee - 3 Days a Week - \$84 *if registered by Thursday prior to beginning of session*

Fee - 3 Days a Week - \$94

NonMember Fees:

Early Bird Fee - 2 Days a Week - \$61 *if registered by Thursday prior to beginning of session*

Fee - 2 Days a Week - \$71

Early Bird Fee - 3 Days a Week - \$89 *if registered by Thursday prior to beginning of session*

Fee - 3 Days a Week - \$99

REGISTRATION

Please fill out and return to the High Blue Wellness Center or mail to:
High Blue Wellness Center, 16400 N. Mullen Road, Belton, MO 64012.

Sessions:

_____ September 26 - November 4 (Act. #227050)

_____ November 7 - December 15 (Act. #227050)

Practice Option (please check class and days if applicable):

_____ Skills & Techniques (5:15 - 6:00 pm)

_____ Proficiency & Stamina (5:30 - 6:30 pm)

_____ Conditioning & Endurance (6:30 - 7:30 pm)

_____ 2 Days a Week

_____ Mon/Wed

_____ Tues/Thurs

_____ 3 Days a Week

_____ Mon/Wed/Thurs

_____ Mon/Tues/Thurs

Participant's Name: _____ Date of Birth: _____

Address: _____ City: _____ Zip: _____

Parent/Guardian: _____ Phone: _____

E-mail: _____

I, the parent of the above listed child, do hereby agree to release all liability and claims against the Belton Parks and Recreation Dept. and agree to hold harmless any liability against the Belton Parks and Recreation Dept., any sponsoring organization, facility, instructor and any other party involved, due to injuries, accidents, negligence, or any other circumstances arising from participation in this program with respect to any time prior, during and after the activities, including participation in all related events. I understand that my child may be photographed for publicity purposes.

Parent's Signature: _____ Date: _____

