

Spring 2019



High Blue Wellness Center
 16400 N. Mullen Road Belton, MO 64012
 Nina Ashley, Program Coordinator
 Phone: 816.348.7400 ext. 0
 www.beltonparks.org
 E-mail: aquatics@beltonparks.org

Activity # _____ Section # _____
 Participants Name: _____ Birth Date: ____/____/____
 Age: _____ Gender (Circle one): Male-Female
 Parent/Guardian: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Cell Phone: (____) _____ - _____ Email: _____

I, the parent or legal guardian 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/Guardian Signature: _____ Date: ____/____/____

Classes may be cancelled or changed due to low enrollment, if you are enrolled in a class with less than 3 participants we will do our best to accommodate to get your child enrolled in a similar class.

ENROLLMENT DEADLINES:

Evening Classes: 12pm the first day of class.

Saturday Classes: 12pm Friday prior to the class.

****Early Bird Fee ends the Thursday at 10pm prior to the New Session****

Aqua Tots 1 417010

#	Dates	Days	Time	Early Bird	Fees
01	3/9-4/13	Saturday	9:00-9:30am	\$47	\$52
02	3/4-3/27	M/W	6:30-7:00pm	\$57	\$62
03	4/2-4/25	Tu/Th	6:30-7:00pm	\$57	\$62
04	4/20-5/25	Saturday	10:20-10:50am	\$47	\$52
05	4/29-5/22	M/W	6:30-7:00pm	\$57	\$62

Aqua Tots 2 417010

#	Dates	Days	Time	Early Bird	Fees
06	3/9-4/13	Saturday	9:40-10:10am	\$47	\$52
07	3/5-3/28	Tu/Th	5:50-6:20pm	\$57	\$62
08	4/1-4/24	M/W	5:50-6:20pm	\$57	\$62
09	4/20-5/25	Saturday	9:00-9:30am	\$47	\$52
10	4/30-5/23	Tu/Th	5:50-6:20pm	\$57	\$62

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Pre School 1 417011

#	Dates	Days	Time	Early Bird	Fees
01	3/9-4/13	Saturday	9:40-10:10am	\$47	\$52
02	3/9-4/13	Saturday	11:00-11:30am	\$47	\$52
03	3/4-3/27	M/W	5:10-5:40pm	\$57	\$62
04	3/5-3/28	Tu/Th	6:30-7:00pm	\$57	\$62
05	4/1-4/24	M/W	4:30-5:00pm	\$57	\$62
06	4/2-4/25	Tu/Th	5:10-5:40pm	\$57	\$62
07	4/20-5/25	Saturday	9:40-10:10am	\$47	\$52
08	4/20-5/25	Saturday	11:40am-12:10pm	\$47	\$52
09	4/29-5/22	M/W	6:30-7:00pm	\$57	\$62
10	4/30-5/23	Tu/Th	4:30-5:00pm	\$57	\$62

Pre School 2 417011

#	Dates	Days	Time	Early Bird	Fees
11	3/9-4/13	Saturday	10:20-10:50am	\$47	\$52
12	3/9-4/13	Saturday	11:40am-12:10pm	\$47	\$52
13	3/4-3/27	M/W	5:50-6:20pm	\$57	\$62
14	3/5-3/28	Tu/Th	6:30-7:00pm	\$57	\$62
15	4/1-4/24	M/W	5:10-5:40pm	\$57	\$62
16	4/2-4/25	Tu/Th	6:30-7:00pm	\$57	\$62
17	4/20-5/25	Saturday	9:00-9:30am	\$47	\$52
18	4/20-5/25	Saturday	11:00-11:30am	\$47	\$52
19	4/29-5/22	M/W	5:10-5:40pm	\$57	\$62
20	4/30-5/23	Tu/Th	5:50-6:20pm	\$57	\$62

Seahorse 427011

#	Dates	Days	Time	Early Bird	Fees
01	3/9-4/13	Saturday	9:00-9:30am	\$47	\$52
02	3/4-3/27	M/W	5:50-6:20pm	\$57	\$62
03	3/5-3/28	Tu/Th	4:30-5:00pm	\$57	\$62
04	4/1-4/24	M/W	4:30-5:00pm	\$57	\$62
05	4/2-4/25	Tu/Th	5:50-6:20pm	\$57	\$62
06	4/20-5/25	Saturday	9:40-10:10am	\$47	\$52
07	4/20-5/25	Saturday	10:20-10:50am	\$47	\$52
08	4/29-5/22	M/W	7:10-7:40pm	\$57	\$62
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Goldfish 427012

#	Dates	Days	Time	Early Bird	Fees
01	3/9-4/13	Saturday	9:40-10:10am	\$47	\$52
02	3/9-4/13	Saturday	10:20-10:50am	\$47	\$52
03	3/4-3/27	M/W	5:10-5:40pm	\$57	\$62
04	3/5-3/28	Tu/Th	4:30-5:00pm	\$57	\$62
05	4/1-4/24	M/W	5:10-5:40pm	\$57	\$62
06	4/2-4/25	Tu/Th	5:50-6:20pm	\$57	\$62
07	4/20-5/25	Saturday	11:00-11:30am	\$47	\$52
08	4/20-5/25	Saturday	11:40a-12:10pm	\$47	\$52
09	4/29-5/22	M/W	4:30-5:00pm	\$57	\$62
10	4/30-5/23	Tu/Th	6:30-7:00pm	\$57	\$62

Jellyfish 427013

#	Dates	Days	Time	Early Bird	Fees
01	3/9-4/13	Saturday	9:00-9:30am	\$47	\$52
02	3/9-4/13	Saturday	11:40am-12:10pm	\$47	\$52
03	3/4-3/27	M/W	4:30-5:00pm	\$57	\$62
04	3/5-3/28	Tu/Th	5:10-5:40pm	\$57	\$62
05	4/1-4/24	M/W	7:10-7:40pm	\$57	\$62
06	4/2-4/25	Tu/Th	5:10-5:40pm	\$57	\$62
07	4/20-5/25	Saturday	9:40-10:10am	\$47	\$52
08	4/29-5/22	M/W	5:10-5:40pm	\$57	\$62
09	4/30-5/23	Tu/Th	6:30-7:00pm	\$57	\$62

Sea Turtle 427014

#	Dates	Days	Time	Early Bird	Fees
01	3/9-4/13	Saturday	10:20-10:50am	\$47	\$52
02	3/4-3/27	M/W	6:30-7:00pm	\$57	\$62
03	3/5-3/28	Tu/Th	5:10-5:40pm	\$57	\$62
04	4/1-4/24	M/W	6:30-7:00pm	\$57	\$62
05	4/2-4/25	Tu/Th	4:30-5:00pm	\$57	\$62
06	4/20-5/25	Saturday	9:00-9:30am	\$47	\$52
07	4/29-5/22	M/W	5:50-6:20pm	\$57	\$62
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Stingray 427015

#	Dates	Days	Time	Early Bird	Fees
01	3/9-4/13	Saturday	11:00-11:30am	\$47	\$52
02	3/4-3/27	M/W	7:10-7:40pm	\$57	\$62
03	3/5-3/28	Tu/Th	5:50-6:20pm	\$57	\$62
04	4/1-4/24	M/W	6:30-7:00pm	\$57	\$62
05	4/2-4/25	Tu/Th	7:10-7:40pm	\$57	\$62
06	4/20-5/25	Saturday	10:20-10:50am	\$47	\$52
07	4/29-5/22	M/W	4:30-5:00pm	\$57	\$62
08	4/30-5/23	Tu/Th	5:10-5:50pm	\$57	\$62

Shark 427016

#	Dates	Days	Time	Early Bird	Fees
01	3/9-4/13	Saturday	11:00-11:30am	\$47	\$52
02	3/4-3/27	M/W	4:30-5:00pm	\$57	\$62
03	3/5-3/28	Tu/Th	7:10-7:40pm	\$57	\$62
04	4/1-4/24	M/W	5:50-6:20pm	\$57	\$62
05	4/2-4/25	Tu/Th	4:30-5:00pm	\$57	\$62
06	4/20-5/25	Saturday	11:00-11:30am	\$47	\$52
07	4/29-5/22	M/W	5:50-6:20pm	\$57	\$62
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Belton Learn to Swim Program

Aqua Tots 1 (Ages 6-18 mos. w/adult)

Parents and toddlers are introduced to the water through floating, kicking and blowing bubbles. This class will help develop a level of comfort around the water and prepare the child to continue through the Belton Learn to Swim program.

Aqua Tots 2 (Ages 18 mos. – 3 years w/adult)

A continuation of the skills learned in Aqua Tots 1. Parents and toddlers will work together on water orientation and the most basic functions of swimming: blowing bubbles, floating, kicking, and underwater exploration.

Pre School 1 (Ages 3-5)

Participants are taught to feel comfortable in the water while performing assisted skills.

Underwater Exploration: blowing bubbles, putting face in the water, bobbing, submerging head, walk in chest deep water.

Locomotion: prone/back float with support, supported kick on front and back, floating with assistance.

Strokes: front and back arm crawl arm movements.

Pre School 2 (Ages 4-5)

A continuation of skills acquired in Pre School 1. Children learn more independence in the water.

Floating & Gliding: prone/back float with support, rolling back to front/front to back with support.

Locomotion: Flutter kick 5 yards with support, front crawl 5 yards with support.

Introduction to Deep Water: Jump into 4-5 feet of water with support.

Seahorse (Ages 4-5)

Participants are taught to be comfortable in the water and work on transitioning from assisted skills to unassisted skills.

Floating & Gliding: prone/back float without support, rolling back to front/front to back without support, prone/back glide without support

Locomotion: Flutter kick on front without support, front/back crawl 10yds without support.

Introduction to Deep Water: Jump into 4-5 feet of water with support, tread water for 15 seconds.

Goldfish (Ages 5-6)

Participants are taught to feel comfortable in the water while performing unassisted skills.

Rhythmic Breathing: rhythmic breathing using the wall and kickboard.

Locomotion: front/back crawl 15 yards, introduction to elementary backstroke.

Introduction to Deep Water: Jump into 4-5 feet of water and recover to wall, treading water for 30 seconds.

Diving: Kneeling dives

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Jellyfish (Ages 6+)

Participants continue to refine and gain confidence in unassisted skills.

Rhythmic Breathing: rhythmic breathing using the kickboard.

Underwater Exploration: Underwater swimming 10 yards

Locomotion: front/back crawl 25 yards, elementary backstroke 20 yards, breaststroke with support, introduction to finning.

Turns: Front crawl open turn, back crawl open turn.

Diving: Standing dive from side of the pool.

Introduction to Deep Water: Treading water for 1 minute

Sea Turtle (Ages 6+)

Participants gain success with fundamental skill refinement.

Locomotion: Front/back crawl 50 yards, breast stroke 15 yards, sidestroke, scissor kick, introduction to butterfly.

Turns: Front crawl flip turn, back crawl flip turn, breaststroke open turn.

Diving: Surface dives

Safety & Rescue Skills: treading with: scissor kick, breaststroke kick and rotary kick. Tread water for 2 minutes.

Stingray (Ages 6+)

Participants develop confidence in their acquired skills and improve upon new skills.

Locomotion: front/back crawl 100 yards with flip turns, breast stroke 25 yards, butterfly 10 yards, 250 yards continuous swim.

Turns: Sidestroke turn, butterfly turn.

Safety & Rescue Skills: tread water for 3 minutes (1 minute no hands).

Shark (Ages 7-12)

This level is geared toward older children who have little to no swim experience. Participants are taught to feel comfortable in the water while performing assisted skills.

Stroke and Endurance (Ages 6+)

Participants are provided with further coordination and confidence while refining their skills and improving upon their stroke and endurance in the water.

Locomotion: Front/back crawl drills, front/back crawl 200 yards with flip turns, breaststroke drills, breast stroke 100 yards using flip turns, butterfly 50 yards, 500 yard continuous swim.

Turns: front/back crawl turn, breaststroke turn, butterfly turn.