

# Cardinal Swim Lessons

## Birds of a Feather Swim Together!

William Jewell College is excited to announce that swimming lessons will be offered in the WJC Mabee Center pool.

## The Instructors

Cardinal Swim Lessons will be given under the direction of Tom Eisenhauer. Tom is the head Cross Country/Track & Field coach, and teaches the beginning swimming class for Jewell students. He is an American Red Cross certified Water Safety Instructor, American Red Cross certified Life Guard, and American Red Cross certified Professional Rescuer. All instructors for Cardinal Swim Lessons are certified life guards and experienced swimmers.



American Red Cross

## The Sessions

Cardinal Swim Lessons will be offered on Tuesdays and Thursdays in three separate sessions throughout the summer. Each session consists of six lessons given over a three-week period.

## The Lessons

Cardinal Swim Lessons are designed for beginning to intermediate swimmers. There are five levels of ability so you can choose the one that best fits your child's needs!

For more information, questions, comments, or concerns please contact Ann Martin, (816) 415-7634 or [martina@william.jewell.edu](mailto:martina@william.jewell.edu)

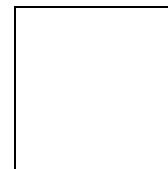


William Jewell College  
Cardinal Swim Lessons  
500 College Hill  
Liberty, MO 64068



William Jewell College

Cardinal  
Swim  
Lessons



## Cardinal Swim Lessons Registration Form

Child's Name:

\_\_\_\_\_

\_\_M \_\_F Age\_\_\_\_\_ DOB\_\_\_/\_\_\_/\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_ State\_\_\_\_\_ Zip\_\_\_\_\_

Email\_\_\_\_\_

Phone (\_\_\_\_\_)\_\_\_\_\_

Parent/Guardian's Name:

\_\_\_\_\_

### Which session would you like to attend?

(Please Check One)

\_\_\_\_ Session I (May 25—June 10)

\_\_\_\_ Session 2 (June 22—July 8)

\_\_\_\_ Session 3 (July 20—August 5)

### What lessons will you be taking?

(Please Check One)

\_\_\_\_ Level I (Introduction to Water Skills)

\_\_\_\_ Level II (Fundamental Aquatic Skills)

\_\_\_\_ Level III (Stroke Development)

\_\_\_\_ Level IV (Stroke Improvement)

\_\_\_\_ Level V (Stroke Refinement)

### I will be paying by:

\_\_\_\_ Cash or Check (Cardinal Swim Lessons)

Amount Enclosed \$\_\_\_\_\_

\_\_\_\_ Credit Card - Call Ann Martin at (816) 415-7634

### Mail Registration Form to:

William Jewell College- Mabee Center  
500 College Hill  
Liberty, MO 64068

For more information, questions, comments, or concerns  
please contact Ann Martin, (816) 415-7634 or  
martina@william.jewell.edu

## Dates, Times, and Prices

### Session I

- Tuesday, May 25
- Thursday, May 27
- Tuesday, June 1
- Thursday, June 3
- Tuesday, June 8
- Thursday, June 10

### Session 2

- Tuesday, June 22
- Thursday, June 24
- Tuesday, June 29
- Thursday, July 1
- Tuesday, July 6
- Thursday, July 8

### Session 3

- Tuesday, July 20
- Thursday, July 22
- Tuesday, July 27
- Thursday, July 29
- Tuesday, August 3
- Thursday, August 5

*Parents need to select the level that best fits their child's ability. If the child is placed in the wrong level, the swim instructors will adjust the class during the first class period.*

### Level I: Introduction to Water Skills

- 5:30-6:00 p.m. \$40.00
- 4 years old and up
- Class Size: Four children per instructor

This class is for children who are having their first experiences in or around the pool. Children learn to open their eyes underwater, submerge their mouth, eyes, and nose, blow bubbles, and float on their front and back with support.

### Level II: Fundamental Aquatic Skills

- 5:30 - 6:15 p.m. \$45.00
- 5 years old and up
- Class Size: Six children per instructor

This class is for children who are comfortable in the water but still need to refine basic skills. Children learn to glide and float on their front and back, tread water, explore swimming on their side, front and back using combined strokes.

## Dates, Times, and Prices

### Level III: Stroke Development

- 6:15 - 7:00 p.m. \$45.00
- 6 years old and up
- Class Size: Six children per instructor

The Level III class is for children who can perform basic skills in the water and are ready to learn formal strokes. Children will learn rotary breathing, front crawl, back crawl, jumping into deep water, and diving from a sitting or kneeling position.

### Level IV: Stroke Improvement

- 6:15 - 7:00 p.m. \$45.00
- 6 years old and up
- Class Size: Seven children per instructor

The Level IV class is for children who can already perform several swimming strokes. The class will develop confidence in learned skills and improve other swimming skills. Children will learn to use safe diving rules, dive from stride or compact position, swim underwater, swim breaststroke, elementary backstroke, and swim on their side using a scissor kick.

### Level V: Stroke Refinement

- 5:30 - 6:15 p.m. \$45.00
- 7 years old and up
- Class Size: Eight children per instructor

This class is for children who can already swim the full length of the pool unassisted. Children will refine technique and endurance in six different swimming strokes. Children must show that they can complete all exit assessments of the Level IV Class to participate in the Level V Class.