

# Cardinal Swim Lessons

## **Birds of a Feather Swim Together!**

William Jewell College is excited to announce that swimming lessons will be offered beginning in May of 2009!

## **The Instructors**

Cardinal Swim Lessons will be given under the direction of Tom Eisenhauer. Tom is a graduate of William Jewell. He serves as the head Cross Country/Track & Field coach, and teaches the beginning swimming class for Jewell students. Tom 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 fall. 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!



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 (Sept 15 - Oct 1)

\_\_\_\_ Session II (Oct 13 - Oct 29)

\_\_\_\_ Session III (Nov 10 - Dec 3)

### What lessons will you be taking?

*(Please Check One)*

\_\_\_\_ Level 1 (Introduction to Water Skills)

\_\_\_\_ Level 2 (Fundamental Aquatic Skills)

\_\_\_\_ Level 3 (Stroke Development)

\_\_\_\_ Level 4 (Stroke Improvement)

### 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, September 15
- Thursday, September 17
- Tuesday, September 22
- Thursday, September 24
- Tuesday, September 29
- Thursday, October 1

### Session 2

- Tuesday, October 13
- Thursday, October 15
- Tuesday, October 20
- Thursday, October 22
- Tuesday, October 27
- Thursday, October 29

### Session 3

- Tuesday, November 10
- Thursday, November 12
- Tuesday, November 17
- Thursday, November 19
- Tuesday, December 1
- Thursday, December 3

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.