



Great Bend Rec Swim Lesson Information



WHAT LEVEL SHOULD MY CHILD BE IN?

Good question! Check the descriptions to determine the level of your child.

-All of the levels contain age/level appropriate safety skills. To complete a level, the participants must be able to complete all exit skill assessments.

-Most children remain in the same level for two or more sessions. It is easier to move children up a level than to move them down a level.

Still have questions, contact Megan Hammeke, Aquatics Director, at 793-3755 or mhammeke@gbrec.net.

PROGRAM POLICIES-

-Classes are scheduled for 30 minutes, although in-water time or class length may vary due to particular class, water temperature, or weather conditions.

-Due to variable weather conditions, we cannot guarantee the number of lessons given per session. Refunds will not be given for cancellations due to weather.

-Only registered swimmers are allowed in the water.

WAITING LISTS-

Waiting list for each section will only be formed when programs are filled. Those on the waiting lists will be contacted in the order that they were placed on the list, if and when an opening becomes available.

CANCELED LESSONS?

How do you know lessons will be canceled? Visit the Rainout Line on-line or in the app; call the hotline at 620-792-3214; or visit the Great Bend Rec Facebook page.



View online: www.greatbendrec.com
Download free app in the App Store!

GOOD TO KNOW...

-We have lessons for adults who would like to freshen up their skills or learn how to swim for the first time. For more information, contact Megan at mhammeke@gbrec.net.

WHERE ARE LESSONS?

Lessons are held at the Wetlands Waterpark, 2302 Main Street.

HOW CAN I ENROLL?

Pre-registration is required for swimming lessons. Register online at www.greatbendrec.com; Visit us at 1214 Stone Street; Call 620.793.3755.

LIL' SPLASHERS & TADPOLE TODDLERS (6 months - 3-year-old)

These classes are designed for parents of infants or toddlers. This is a great opportunity to begin introducing your child to the fun of water with a parent/adult in the water with them. You'll learn how to safely hold and assist your child, and they will learn basic skills while using games, songs, and toys. Parents must get in the water with these lessons.

STARFISH (3-year-old)

This is a great opportunity to begin introducing your child to the water without a parent/adult in the water with them. Games, songs, and toys are used to facilitate water adjustment, exploration, and skills such as breath control, buoyancy, and the fundamentals of freestyle and backstroke. Safety topics are taught and practiced.

GOLDFISH (4 & 5-year-old)

Games, songs, and toys are used to facilitate water adjustment, exploration, and skills such as independent water entry, breath control, front and back glide, and combined arm & leg actions in the water. Safety topics are taught and practiced. Students must be comfortable putting their face in the water for three or more seconds to move on to the next class. Children are required to stay in the Preschool program until they turn five years of age.

SUNFISH (4 & 5-years-old)

Working on comfort in the water and entering and exiting the pool by themselves; games, songs, and toys are used to facilitate water adjustment, exploration, and skills such as independent water entry, breath control, front and back glide, and alternating & simultaneous arm and leg motion on front and back. Safety topics are taught and practiced. Children are required to stay in the Preschool program until they turn five years of age. After successful completion of this level, your child will be promoted to Level 2.

GOOD TO KNOW...

After the Sunfish course, your child can enroll in Level 2. It is not required to begin at Level 1.

LEVEL 1: Introduction to Water

Recommended for children age 5 years old or older who are new to swim lessons or hesitant about the water. This level is designed to help participants work on comfort in the water and entering and exiting the pool by themselves. Skills learned include blowing bubbles and getting the head and face wet; floating on front and back with support and recovering to a standing position; alternating and simultaneous arm and leg motion on front and back. Safety topics are taught and practiced. If buoyancy support isn't needed, then Level 2 is a better choice.

LEVEL 2: Fundamental Skills

Gives participants success with fundamental skills. Participants build off the basic skills of Level 1 and will learn front and back stroke mechanics, front and back supports unsupported, fully submerging and holding breath, and how to move through the water without support. Safety topics are taught and practiced.

LEVEL 3: Stroke Development

Participants are introduced to rotary breathing, diving, breast and dolphin kicks, treading water, and self rescue techniques. Safety topics are taught and practiced.

LEVEL 4: Stroke Improvement

Participants begin to refine the front and back strokes, learn the breast stroke and butterfly, improve diving ability, and build endurance. Survival Swimming, as well as safety topics are taught and practiced.

LEVEL 5: Stroke Refinement

Skills practiced include longer distance swimming to build up endurance and refinement of all swimming strokes. Flip Turns are introduced. Safety topics are taught and practiced.

LEVEL 6: Stroke Proficiency

Refines the strokes so students swim them with ease, efficiency, power, and smoothness over greater distances. Safety topics are taught and practiced.



GREAT BEND : REC

STILL HAVE QUESTIONS?

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