

Learn from the most trusted name in aquatics training...

Capitol Federal Natatorium is an American Red Cross authorized provider. The Red Cross has a 90-year tradition of being the leader in aquatics training. Our instructors will ensure that your child gets the most comprehensive, effective instruction in both swimming and water safety.

Designed to increase safety wherever and whenever water sports are enjoyed, Red Cross Learn-to-Swim classes will teach your child the skills needed to become a proficient swimmer.



Prerequisites for American Red Cross Learn-to-Swim Program

- Level 1** - No prerequisites required
- Level 2** - Can enter/exit water using ladder, steps or side
 - Blow bubbles through nose and mouth
 - Bobbing
 - Open eyes under water and retrieve objects
 - Front and back glides and float
 - Recover to vertical position
 - Roll from front to back and back to front
 - Tread water using arm and hand action
 - Alternating and simultaneous leg actions on front/back
 - Alternating and simultaneous arm actions on front/back
 - Combined arm and leg actions on front and back
- Level 3-**
 - Can enter water by stepping/jumping from side
 - Can hold breath and fully submerge
 - Bobbing
 - Open eyes under water and retrieve objects
 - Front, jellyfish and tuck floats
 - Recover to vertical position
 - Roll from front to back and back to front
 - Can change direction while swimming on front/back
 - Tread water using arm and leg actions
 - Combined arm and leg actions on front and back
 - Finning arm action
- Level 4-**
 - Enter water by jumping from the side
 - Headfirst entries from the side in sitting/kneeling positions
 - Bobbing while moving toward safety
 - Rotary breathing
 - Survival float
 - Back float
 - Change from vertical to horizontal position on front/back
 - Tread water
 - Flutter, scissor, dolphin and breaststroke kicks on front
 - Front crawl and elementary backstroke
- Level 5-** Passing of level 4 or equivalent.

**Minimum age for lessons is three years old and potty trained.
No swim diapers!**



Proud provider of American Red Cross Aquatics training

Capitol Federal
Natatorium

USD 501
Summer
Swim
Lesson
Program



**Hummer Sports Park
530 Tuffy Kellogg Drive
Topeka, KS 66606
(785) 295-3751**

Class Information



Classes will run for 45 minutes beginning at 9:00, 10:00, 11:00am and 12:00pm, Monday through Thursday, for a total of 8 classes. Adult classes begin at 5:15 pm.

Session I: June 6 - June 16
Session II: June 20 - June 30
Session III: July 5- July 14
Session IV: July 18- July 28

Cost: \$40 (501 Students)
 \$50 (Non 501 Students)

*No credit cards accepted

Registration:

Please register in person between April 1st and May 9th at the Capitol Federal Natatorium between the hours of 9am and 6pm Mon-Fri.

You can view and download the flyer at our website.

www.hummersportspark.com

This program is made possible by



Levels One, Two and Three:

These classes will focus on the fundamentals of swimming. Whether your child needs help feeling comfortable in the water, or is more advanced, and wanting to improve his or her swimming technique, these classes will provide the tools needed. Basic water safety rules are an important feature of each level. Our certified teaching staff will assess your child on the first day of class to determine which level will best benefit your son or daughter.

Level Four: An advanced level class for stronger swimmers who wish to improve stroke technique and learn beginning elements of the competitive strokes.

Level Five: Provides further development and refinement of strokes. Session 3 only.

Adults: Ages 14 and older. **5:15-6:00pm**
 A beginners' class for adults wishing to learn how to swim. Learn in shallow water at your own pace. Taught by an adult instructor.



Swim Lesson Registration

Circle preferred session, level and time

<input type="checkbox"/> Session I (6/6- 6/16)	Level: 1	9:00	10:00	11:00	12:00 p.m.
	Level: 2 or 3	9:00	10:00	11:00	12:00 p.m.
	Level: 4	9:00			Adults 5:15pm
<input type="checkbox"/> Session II (6/20 - 6/30)	Level: 1	9:00	10:00	11:00	12:00 p.m.
	Level: 2 or 3	9:00	10:00	11:00	12:00 p.m.
	Level: 4	10:00			Adults 5:15pm
<input type="checkbox"/> Session III (7/5-7/14)	Level: 1	9:00	10:00	11:00	12:00pm
	Level: 2 or 3	9:00	10:00	11:00	12:00p.m.
	Level: 5	11:00			Adults 5:15pm
<input type="checkbox"/> Session IV (7/18-7/28)	Level: 1	9:00	10:00	11:00	12:00 p.m.
	Level: 2 or 3	9:00	10:00	11:00	12:00 p.m.
	Level: 4	12:00			

ALL SESSIONS:

\$40.00 (USD 501)

\$50.00 (NON-USD 501)

Method of Payment

Check Cash

Total: _____

Child's Name _____ Age _____

Parent/Guardian Name _____

Address _____

Day Phone _____ Evening Phone _____

By signing below, I fully understand that there are dangers and risks to which I may be exposed by participation in water activities. I understand that USD 501 does not require me to participate in these activities, but I voluntarily proceed with the activity, despite the possible dangers and risks. I therefore agree to assume and take on my child's risks and in addition my own risks and responsibilities in any way associated with this activity. In consideration of and in return for the services, facilities, and other assistance provided to me by the Institution in this activity. I release USD 501, its employees and agents from any and all liability, claims and actions that may arise from injury or harm to me or my child, from death or from damage to property in connection to these activities. I understand that this release covers liability, claims and actions caused entirely or in part by any act or failure to act by USD 501, its employees or agents included but not limited to negligence, mistake, or failure to supervise by USD 501. I recognize this entire release means I am giving up rights to sue USD 501, its employees and agents for injuries, damages, or losses that I may incur. I also understand that this release binds my heirs, executors, administrators, and assigns, as well as myself.

Parent/Guardian Signature _____

Please register in person by 5/9:
 Capitol Federal Natatorium
 (Just West of 6th and MacVicar)

Questions or comments, contact:

Kirk Meier

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Email: kmeier@tps501.org