

# SWIMMING LESSONS

Comprehensive swim program offering classes for ages 6 months and older. The registration deadline is the Friday before each session at Noon. Students enrolled in each of these programs will have the opportunity to participate in eight lessons. Regular attendance is important for skill progression. No makeup classes will be scheduled. The fee is **\$60 per swimmer**.

**SESSION 1** - Jun. 12-22  
**SESSION 2** - Jun. 26 - Jul. 7  
**SESSION 3** - Jul. 17-27

**MONDAY - THURSDAY**  
9:00 a.m. - 9:45 a.m. | Cape Splash  
10:00 a.m. - 10:45 a.m. | Cape Splash

★ **INTRO TO WATER SKILLS 3+**

Focuses on basic swimming & safety skills while learning how to safely be in a group. Parents may stay poolside for safety and to ensure the child is following class rules.

★ **WATER MOVEMENT 3+**

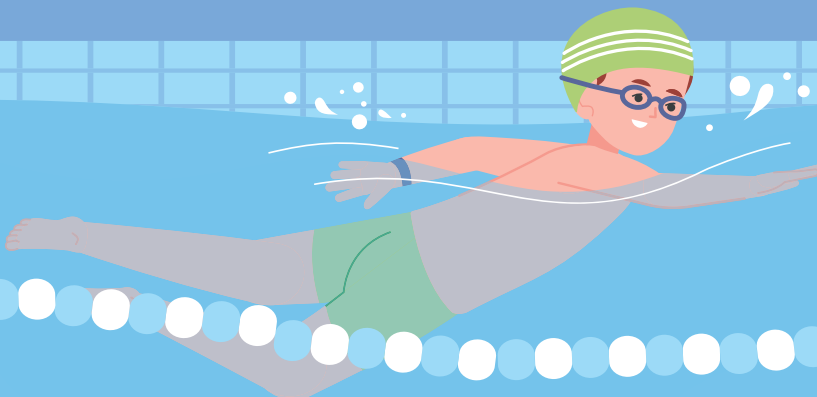
Students will learn how to feel comfortable in the water and safely enjoy it. In this class, swimmers must be completely independent of the parent.

★ **FUNDAMENTAL AQUATIC SKILLS 5+**

Children will learn basic swimming skills.

★ **STROKE IMPROVEMENT 7+**

Introduces treading water and focuses on stroke development of front crawl, backstroke, butterfly, and breaststroke.



**CITY of CAPE  
GIRARDEAU**  
PARKS & RECREATION DEPARTMENT



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