

LEARN TO SWIM SUMMER PROGRAM

This program will include a comprehensive swim program offering classes for ages 6 months to 9 years. 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 8 lessons. Regular attendance is important for skill progression. No make-up classes will be scheduled. The fee is \$35.00 for residents and \$40.00 for non-residents. Classes must have a minimum of 6 participants and a maximum of 10.

For more information, call the Parks and Recreation Department at 573.339.6340. Registrations are taken Monday - Friday, between 8:00 a.m. - 5:00 p.m. at the A. C. Brase Arena, or can be completed online at www.cityofcape.org/aquatics. During inclement weather, please call our weather hotline at 573.975.1024 for lesson status.



RAINOOT LINE
573.975.1024

AGES

**6 MONTHS -
3 YEARS**

**3 YEARS -
5 YEARS**

**3 YEARS -
5 YEARS**

**6 YEARS -
9 YEARS**

**6 YEARS -
9 YEARS**

**6 YEARS -
9 YEARS**

SESSION 1
June 3 - 6 & 10 - 13

SESSION 2
June 24 - 27 & July 1-5
No class July 4

SESSION 3
July 15 - 18 & 22 - 25

CLASS & SKILLS

PARENT & CHILD AQUATICS

Water adjustment and safety. Entries and exits, floating on the back, changing body positions and buoyancy. *Only offered in the evenings from 5:00 - 5:30 p.m.

PRE-SCHOOL AQUATICS

For younger swimmers and focuses on safety, buoyancy and independence in the water.

INTRO TO WATER SKILLS

Includes entries and exits, safe practices, and other necessities for successful swimming progression.

FUNDAMENTAL AQUATIC SKILLS

Focuses on locomotion skills and touches on some self help and basic water rescue skills.

STROKE DEVELOPMENT

Introduces the treading water and head first entries into the water from the pool side.

STROKE IMPROVEMENT

In addition to stroke progression, students will work on their endurance.

9:00 a.m. - 9:45 a.m. | Cape Splash
10:00 a.m. - 10:45 a.m. | Cape Splash
5:00 p.m. - 5:45 p.m. | Central Pool
6:00 p.m. - 6:45 p.m. | Central Pool

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Contact us about private swim lessons if the group lesson format doesn't meet your needs! Inquire today at 573.339.6340.



CITY of CAPE
GIRARDEAU
PARKS & RECREATION DEPARTMENT

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