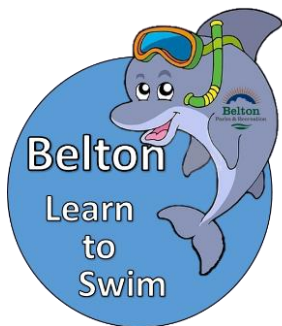


Summer 2018



High Blue Wellness Center
 16400 N. Mullen Road Belton, MO 64012
 Kirby Wiley, Aquatics Supervisor
 Phone: 816.348.7400 x7440
 E-mail: kirbyw@beltonparks.org

Activity # _____ **Section #** _____
 Participants Name: _____ Birth Date: ____/____/____
 Age: _____ Gender (Circle one): Male-Female
 Parent/Guardian: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Cell Phone: (____) ____-____ Email: _____

I, the parent or legal guardian of the above listed child, do hereby agree to release all liability and claims against the Belton Parks and Recreation Dept. and agree to hold harmless any liability against the Belton Parks and Recreation Dept., any sponsoring organization, facility, instructor and any other party involved due to injuries, accidents, negligence, or any other circumstances arising from participation in this program with respect to any time prior, during and after the activities, including participation in all related events. I understand that my child may be photographed for publicity purposes.

Parent/Guardian Signature: _____ Date: ____/____/____

ENROLLMENT DEADLINES:

Evening Classes: 12pm the first day of class.

Saturday Classes: 12pm Friday prior to the class.

****Early Bird Fee ends the Thursday at 10pm prior to the New Session****

Aqua Tots 1 117010

#	Dates	Days	Time	Location	Early Bird	Fees
01	6/9-7/14	Saturday	9:00-9:30am	HBWC	\$47	\$52
02	6/4-6/27	M/W	9:40-10:10am	HBWC	\$57	\$62
03	6/5-6/28	Tu/Th	6:30-7:00pm	HBWC	\$57	\$62
04	7/21-8/25	Saturday	10:20-10:50am	HBWC	\$47	\$52
05	7/9-8/1	M/W	5:50-6:20pm	HBWC	\$57	\$62
06	7/10-8/2	Tu/Th	9:40-10:10am	HBWC	\$57	\$62
07	8/6-8/29	M/W	6:30-7:00pm	HBWC	\$57	\$62

Aqua Tots 2 117010

#	Dates	Days	Time	Location	Early Bird	Fees
09	6/9-7/14	Saturday	10:20-10:50am	HBWC	\$47	\$52
10	6/4-6/27	M/W	5:50-6:20pm	HBWC	\$57	\$62
11	6/5-6/28	Tu/Th	10:20-10:50am	HBWC	\$57	\$62
12	7/21-8/25	Saturday	9:00-9:30am	HBWC	\$47	\$52
13	7/9-8/1	M/W	9:40-10:10am	HBWC	\$57	\$62
14	7/10-8/2	Tu/Th	5:10-5:40pm	HBWC	\$57	\$62
15	8/7-8/30	Tu/Th	5:10-5:40pm	HBWC	\$57	\$62

Summer 2018

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Pre School 1 117011

#	Dates	Days	Time	Location	Early Bird	Fees
01	6/9-7/14	Saturday	9:00-9:30am	HBWC	\$47	\$52
02	6/4-6/27	M/W	10:20-10:50am	HBWC	\$57	\$62
03	6/4-6/27	M/W	5:10-5:40pm	HBWC	\$57	\$62
04	6/4-6/14	M-Th	10:00-10:30am	Memorial	\$57	\$62
05	6/4-6/14	M-Th	10:40-11:10am	Memorial	\$57	\$62
06	6/5-6/28	Tu/Th	11:20-11:50am	HBWC	\$57	\$62
07	6/5-6/28	Tu/Th	6:30-7:00pm	HBWC	\$57	\$62
08	6/18-6/28	M-Th	10:40-11:10am	Memorial	\$57	\$62
09	7/21-8/25	Saturday	9:40-10:10am	HBWC	\$47	\$52
10	7/21-8/25	Saturday	11:40am-12:10pm	HBWC	\$47	\$52
11	7/9-8/1	M/W	11:40am-12:10pm	HBWC	\$57	\$62
12	7/9-8/1	M/W	6:30-7:00pm	HBWC	\$57	\$62
13	7/9-7/19	M-Th	10:40-11:10am	Memorial	\$57	\$62
14	7/10-8/2	Tu/Th	10:20-10:20am	HBWC	\$57	\$62
15	7/10-8/2	Tu/Th	4:30-5:00pm	HBWC	\$57	\$62
16	7/23-8/2	M-Th	10:40-11:10am	Memorial	\$57	\$62
17	8/6-8/29	M/W	5:10-5:40pm	HBWC	\$57	\$62
18	8/7-8/30	Tu/Th	6:30-7:00pm	HBWC	\$57	\$62

Pre School 2 117011

#	Dates	Days	Time	Location	Early Bird	Fees
21	6/9-7/14	Saturday	9:40-10:10am	HBWC	\$47	\$52
22	6/9-7/14	Saturday	11:00-11:30am	HBWC	\$47	\$52
23	6/4-6/27	M/W	11:40am-12:10pm	HBWC	\$57	\$62
24	6/4-6/27	M/W	4:30-5:00pm	HBWC	\$57	\$62
25	6/4-6/14	M-Th	10:40-11:10am	Memorial	\$57	\$62
26	6/5-6/28	Tu/Th	9:00-9:30am	HBWC	\$57	\$62
27	6/5-6/28	Tu/Th	4:30-5:00pm	HBWC	\$57	\$62
28	6/5-6/28	Tu/Th	5:50-6:20pm	HBWC	\$57	\$62
29	6/18-6/28	M-Th	11:20-11:50am	Memorial	\$57	\$62
30	7/21-8/25	Saturday	10:20-10:50am	HBWC	\$47	\$52
31	7/9-8/1	M/W	10:20-10:50am	HBWC	\$57	\$62
32	7/9-8/1	M/W	5:10-5:40pm	HBWC	\$57	\$62
33	7/9-7/19	M-Th	10:00-10:30am	Memorial	\$57	\$62
34	7/10-8/2	Tu/Th	11:00-11:30am	HBWC	\$57	\$62
35	7/10-8/2	Tu/Th	6:30-7:00pm	HBWC	\$57	\$62
36	7/23-8/2	M-Th	11:20-11:50am	Memorial	\$57	\$62
37	8/6-8/29	M/W	6:30-7:00pm	HBWC	\$57	\$62
38	8/7-8/30	Tu/Th	5:50-6:20pm	HBWC	\$57	\$62

Summer 2018

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 Kirby Wiley, Aquatics Supervisor
 Phone: 816.348.7400 x7440
 E-mail: kirbyw@beltonparks.org

Seahorse 127011

#	Dates	Days	Time	Location	Early Bird	Fees
01	6/9-7/14	Saturday	9:40-10:10am	HBWC	\$47	\$52
02	6/9-7/14	Saturday	10:20-10:50am	HBWC	\$47	\$52
03	6/4-6/27	M/W	9:00-9:30am	HBWC	\$57	\$62
04	6/4-6/27	M/W	5:10-5:40pm	HBWC	\$57	\$62
05	6/4-6/14	M-Th	11:20-11:50am	Memorial	\$57	\$62
06	6/5-6/28	Tu/Th	10:20-10:50am	HBWC	\$57	\$62
07	6/5-6/28	Tu/Th	11:40am-12:10pm	HBWC	\$57	\$62
08	6/5-6/28	Tu/Th	4:30-5:00pm	HBWC	\$57	\$62
09	6/18-6/28	M-Th	10:00-10:30am	Memorial	\$57	\$62
10	6/18-6/28	M-Th	11:20-11:50am	Memorial	\$57	\$62
11	7/21-8/25	Saturday	9:00-9:30am	HBWC	\$47	\$52
12	7/21-8/25	Saturday	11:40am-12:10pm	HBWC	\$47	\$52
13	7/9-8/1	M/W	9:00-9:30am	HBWC	\$57	\$62
14	7/9-8/1	M/W	5:10-5:40pm	HBWC	\$57	\$62
15	7/9-7/19	M-Th	11:20-11:50am	Memorial	\$57	\$62
16	7/10-8/2	Tu/Th	10:20-10:50am	HBWC	\$57	\$62
17	7/10-8/2	Tu/Th	5:50-6:20pm	HBWC	\$57	\$62
18	7/10-8/2	Tu/Th	7:10-7:40pm	HBWC	\$57	\$62
19	7/23-8/2	M-Th	10:00-10:30am	Memorial	\$57	\$62
20	7/23-8/2	M-Th	11:20-11:50am	Memorial	\$57	\$62
21	8/6-8/29	M/W	5:50-6:20pm	HBWC	\$57	\$62
22	8/7-8/30	Tu/Th	4:30-5:00pm	HBWC	\$57	\$62

Goldfish 127012

#	Dates	Days	Time	Location	Early Bird	Fees
01	6/9-7/14	Saturday	10:20-10:50am	HBWC	\$47	\$52
02	6/9-7/14	Saturday	11:00-11:30am	HBWC	\$47	\$52
03	6/4-6/27	M/W	9:40-10:10am	HBWC	\$57	\$62
04	6/4-6/27	M/W	11:00-11:30am	HBWC	\$57	\$62
05	6/4-6/27	M/W	5:50-6:20pm	HBWC	\$57	\$62
06	6/4-6/14	M-Th	10:00-10:30am	Memorial	\$57	\$62
07	6/5-6/28	Tu/Th	11:00-11:30am	HBWC	\$57	\$62
08	6/5-6/28	Tu/Th	5:10-5:40pm	HBWC	\$57	\$62
09	6/18-6/28	M-Th	10:40-11:10am	Memorial	\$57	\$62
10	7/21-8/25	Saturday	9:40-10:10am	HBWC	\$47	\$52
11	7/21-8/25	Saturday	11:00-11:30am	HBWC	\$47	\$52
12	7/9-8/1	M/W	9:00-9:30am	HBWC	\$57	\$62
13	7/9-8/1	M/W	11:00-11:30am	HBWC	\$57	\$62
14	7/9-8/1	M/W	5:50-6:20pm	HBWC	\$57	\$62
15	7/9-7/19	M-Th	10:40-11:10am	Memorial	\$57	\$62
16	7/9-7/19	M-Th	11:20-11:50am	Memorial	\$57	\$62
17	7/10-8/2	Tu/Th	9:40-10:10am	HBWC	\$57	\$62
18	7/10-8/2	Tu/Th	11:40am-12:10pm	HBWC	\$57	\$62

Summer 2018

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19	7/10-8/2	Tu/Th	6:30-7:00pm	HBWC	\$57	\$62
20	7/23-8/2	M-Th	10:00-10:30am	Memorial	\$57	\$62
21	8/6-8/29	M/W	5:10-5:40pm	HBWC	\$57	\$62
22	8/7-8/30	Tu/Th	5:50-6:20pm	HBWC	\$57	\$62
23	8/7-8/30	Tu/Th	7:10-7:40pm	HBWC	\$57	\$62

Jellyfish 127013

#	Dates	Days	Time	Location	Early Bird	Fees
01	6/9-7/14	Saturday	9:00-9:30am	HBWC	\$47	\$52
02	6/9-7/14	Saturday	11:00-11:30am	HBWC	\$47	\$52
03	6/4-6/27	M/W	9:00-9:30am	HBWC	\$57	\$62
04	6/4-6/27	M/W	4:30-5:00pm	HBWC	\$57	\$62
05	6/4-6/27	M/W	6:30-7:00pm	HBWC	\$57	\$62
06	6/4-6/14	M-Th	10:40-11:10am	Memorial	\$57	\$62
07	6/5-6/28	Tu/Th	11:40am-12:10pm	HBWC	\$57	\$62
08	6/5-6/28	Tu/Th	5:50-6:20pm	HBWC	\$57	\$62
09	6/18-6/28	M-Th	10:00-10:30am	Memorial	\$57	\$62
10	7/21-8/25	Saturday	9:00-9:30am	HBWC	\$47	\$52
11	7/21-8/25	Saturday	9:40-10:10am	HBWC	\$47	\$52
12	7/9-8/1	M/W	9:40-10:10am	HBCW	\$57	\$62
13	7/9-8/1	M/W	6:30-7:00pm	HBWC	\$57	\$62
14	7/9-8/1	M/W	7:10-7:40pm	HBWC	\$57	\$62
15	7/9-7/19	M-Th	10:00-10:30am	Memorial	\$57	\$62
16	7/10-8/2	Tu/Th	11:00-11:30am	HBWC	\$57	\$62
17	7/10-8/2	Tu/Th	5:10-5:40pm	HBWC	\$57	\$62
18	7/23-8/2	M-Th	10:40-11:10am	Memorial	\$57	\$62
19	8/6-8/29	M/W	5:50-6:20pm	HBWC	\$57	\$62
20	8/6-8/29	M/W	7:10-7:40pm	HBWC	\$57	\$62
21	8/7-8/30	Tu/Th	6:30-7:00pm	HBWC	\$57	\$62

Sea Turtle 127014

#	Dates	Days	Time	Location	Early Bird	Fees
01	6/9-7/14	Saturday	9:40-10:10am	HBWC	\$47	\$52
02	6/4-6/27	M/W	11:40am-12:10pm	HBWC	\$57	\$62
03	6/4-6/27	M/W	6:30-7:00pm	HBWC	\$57	\$62
04	6/5-6/28	Tu/Th	9:40-10:10am	HBWC	\$57	\$62
05	6/5-6/28	Tu/Th	5:10-5:40pm	HBWC	\$57	\$62
06	7/21-8/25	Saturday	10:20-10:50am	HBWC	\$47	\$52
07	7/9-8/1	M/W	10:20-10:50am	HBWC	\$57	\$62
08	7/9-8/1	M/W	4:30-5:00pm	HBWC	\$57	\$62
09	7/10-8/2	Tu/Th	9:00-9:30am	HBWC	\$57	\$62
10	7/10-8/2	Tu/Th	7:10-7:40pm	HBWC	\$57	\$62
11	8/6-8/29	M/W	4:30-5:00pm	HBWC	\$57	\$62
12	8/7-8/30	Tu/Th	5:10-5:40pm	HBWC	\$57	\$62

Summer 2018

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16400 N. Mullen Road Belton, MO 64012
Kirby Wiley, Aquatics Supervisor
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E-mail: kirbyw@beltonparks.org

Stingray 127015

#	Dates	Days	Time	Location	Early Bird	Fees
01	6/9-7/14	Saturday	11:40am-12:10pm	HBWC	\$47	\$52
02	6/4-6/27	M/W	10:20-10:50am	HBCW	\$57	\$62
03	6/4-6/27	M/W	7:10-7:40pm	HBWC	\$57	\$62
04	6/5-6/28	Tu/Th	9:40-10:10am	HBWC	\$57	\$62
05	6/5-6/28	Tu/Th	7:10-7:40pm	HBWC	\$57	\$62
06	7/21-8/25	Saturday	11:00-11:30am	HBWC	\$47	\$52
07	7/9-8/1	M/W	11:00-11:30am	HBWC	\$57	\$62
08	7/9-8/1	M/W	4:30-5:00pm	HBWC	\$57	\$62
09	7/10-8/2	Tu/Th	9:00-9:30am	HBWC	\$57	\$62
10	7/10-8/2	Tu/Th	5:50-6:20pm	HBWC	\$57	\$62
11	8/6-8/29	M/W	7:10-7:40pm	HBWC	\$57	\$62
12	8/7-8/30	Tu/Th	4:30-5:00pm	HBWC	\$57	\$62

Shark 127016

#	Dates	Days	Time	Location	Early Bird	Fees
01	6/9-7/14	Saturday	11:40am-12:10pm	HBWC	\$47	\$52
02	6/4-6/27	M/W	11:00-11:30am	HBWC	\$57	\$62
03	6/4-6/27	M/W	7:10-7:40pm	HBWC	\$57	\$62
04	6/5-6/28	Tu/Th	9:00-9:30am	HBWC	\$57	\$62
05	6/5-6/28	Tu/Th	7:10-7:40pm	HBWC	\$57	\$62
06	7/21-8/25	Saturday	11:00-11:30am	HBWC	\$47	\$52
07	7/9-8/1	M/W	11:40am-12:10pm	HBWC	\$57	\$62
08	7/9-8/1	M/W	7:10-7:40pm	HBWC	\$57	\$62
09	7/10-8/2	Tu/Th	11:40am-12:10pm	HBWC	\$57	\$62
10	7/10-8/2	Tu/Th	4:30-5:00pm	HBWC	\$57	\$62
11	8/6-8/29	M/W	4:30-5:00pm	HBWC	\$57	\$62
12	8/7-8/30	Tu/Th	7:10-7:40pm	HBWC	\$57	\$62

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Belton Learn to Swim Program

Aqua Tots 1 (Ages 6-18 mos. w/adult)

Parents and toddlers are introduced to the water through floating, kicking and blowing bubbles. This class will help develop a level of comfort around the water and prepare the child to continue through the Belton Learn to Swim program.

Aqua Tots 2 (Ages 18 mos. – 3 years w/adult)

A continuation of the skills learned in Aqua Tots 1. Parents and toddlers will work together on water orientation and the most basic functions of swimming: blowing bubbles, floating, kicking, and underwater exploration.

Pre School 1 (Ages 3-5)

Participants are taught to feel comfortable in the water while performing assisted skills.

Underwater Exploration: blowing bubbles, putting face in the water, bobbing, submerging head, walk in chest deep water.

Locomotion: prone/back float with support, supported kick on front and back, floating with assistance.

Strokes: front and back arm crawl arm movements.

Pre School 2 (Ages 4-5)

A continuation of skills acquired in Pre School 1. Children learn more independence in the water.

Floating & Gliding: prone/back float with support, rolling back to front/front to back with support.

Locomotion: Flutter kick 5 yards with support, front crawl 5 yards with support.

Introduction to Deep Water: Jump into 4-5 feet of water with support.

Seahorse (Ages 4-5)

Participants are taught to be comfortable in the water and work on transitioning from assisted skills to unassisted skills.

Floating & Gliding: prone/back float without support, rolling back to front/front to back without support, prone/back glide without support

Locomotion: Flutter kick on front without support, front/back crawl 10yds without support.

Introduction to Deep Water: Jump into 4-5 feet of water with support, tread water for 15 seconds.

Goldfish (Ages 5-6)

Participants are taught to feel comfortable in the water while performing unassisted skills.

Rhythmic Breathing: rhythmic breathing using the wall and kickboard.

Locomotion: front/back crawl 15 yards, introduction to elementary backstroke.

Introduction to Deep Water: Jump into 4-5 feet of water and recover to wall, treading water for 30 seconds.

Diving: Kneeling dives

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Jellyfish (Ages 6+)

Participants continue to refine and gain confidence in unassisted skills.

Rhythmic Breathing: rhythmic breathing using the kickboard.

Underwater Exploration: Underwater swimming 10 yards

Locomotion: front/back crawl 25 yards, elementary backstroke 20 yards, breaststroke with support, introduction to finning.

Turns: Front crawl open turn, back crawl open turn.

Diving: Standing dive from side of the pool.

Introduction to Deep Water: Treading water for 1 minute

Sea Turtle (Ages 6+)

Participants gain success with fundamental skill refinement.

Locomotion: Front/back crawl 50 yards, breast stroke 15 yards, sidestroke, scissor kick, introduction to butterfly.

Turns: Front crawl flip turn, back crawl flip turn, breaststroke open turn.

Diving: Surface dives

Safety & Rescue Skills: treading with: scissor kick, breaststroke kick and rotary kick. Tread water for 2 minutes.

Stingray (Ages 6+)

Participants develop confidence in their acquired skills and improve upon new skills.

Locomotion: front/back crawl 100 yards with flip turns, breast stroke 25 yards, butterfly 10 yards, 250 yards continuous swim.

Turns: Sidestroke turn, butterfly turn.

Safety & Rescue Skills: tread water for 3 minutes (1 minute no hands).

Shark (Ages 7-12)

This level is geared toward older children who have little to no swim experience. Participants are taught to feel comfortable in the water while performing assisted skills.

Stroke and Endurance (Ages 6+)

Participants are provided with further coordination and confidence while refining their skills and improving upon their stroke and endurance in the water.

Locomotion: Front/back crawl drills, front/back crawl 200 yards with flip turns, breaststroke drills, breast stroke 100 yards using flip turns, butterfly 50 yards, 500 yard continuous swim.

Turns: front/back crawl turn, breaststroke turn, butterfly turn.