



# Community Recreation Center

## Fall Swim Lesson Program

**Registration begins Friday, August 18 at 6 a.m.**

Register on-line at [register.pocatello.us](http://register.pocatello.us)

Registration also taken in person at the Community Recreation Center



**All swim classes are held at the  
Community Recreation Center**

**located at 144 Wilson**

**Fall Session 1: Sept 18 - Oct 12**

**Fall Session 2: Oct 16—Nov 9\***

**\*Classes not held on Halloween make up Monday, Nov 13**

**Classes are Mon/Wed or Tue/Thu for 8 Lessons**

**Cost: \$36    Members: \$32**

Monday/Wednesday Swim Lessons		
5:30 p.m.	6:00 p.m.	6:30 p.m.
Preschool	Preschool	Preschool
Adv. Preschool	Adv. Preschool	Adv. Preschool
Level 1	Level 1	Level 1
Level 2	Level 3	Level 2
Level 4	Level 5	Level 3

Tuesday/Thursday Swim Lessons		
5:30 p.m.	6:00 p.m.	6:30 p.m.
Preschool	Preschool	Preschool
Adv. Preschool	Adv. Preschool	Adv. Preschool
Level 1	Level 1	Level 1
Level 3	Level 2	Level 3
Level 2	Level 4	Level 5

**Classes may be combined or cancelled due to low enrollment**

**Refund Policy:** there will be no refunds or make-ups for missed classes for any reason. Refunds are issued for a medical condition that prohibits participation. Medical documentation of the condition must be provided with refund request. All refunds subject to a \$5.00 administration fee. Classes cancelled by the Community Center will be credited or refunded in full.

**\*\*It is our policy that parents and all other spectators watch from the lobby during lessons.**

**A lifeguard is on duty for the safety of everyone.\*\***

Parent Child Swim Classes - 4 wk classes		
Fall - Registration begins August 18		
Sat - Ses 1: 9/16-10/7 & Ses 2: 10/14-11/4		
Wed - Ses 1: 9/20-10/11 & Ses 2: 10/18-11/8		
Cost: \$18/session & \$16 Member/session		
Sat, Level A	9:15 - 9:45 a.m.	Ages: 6 months - 1.5 years
Wed, Level A	1:15 - 1:45 p.m.	Ages: 6 months - 1.5 years
Sat, Level B	9:45 - 10:15 a.m.	Ages: 1.5 years - 3 years
Wed, Level B	1:45 - 2:15 p.m.	Ages: 1.5 years - 3 years

**\*\*Please Note\*\***

All toddlers or those children not potty trained are required to wear a **SWIM DIAPER (\$1.50) & PLASTIC PANT (\$2.00)**. Both are available for purchase at the Recreation Center.

**\*\*Class Descriptions located on back of flyer\*\***

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## Parent Child Aquatics (Ages 6m-3 yrs)

**Parent and Child Aquatics Level A:** Age: 6 months - 1.5 years

Water adjustment class WITH PARENT in the water. Class is designed to introduce appropriate skills and readiness through water play in a friendly and positive atmosphere.

**Parent and Child Aquatics Level B:** Age: 1.5 years - 3 years

Water adjustment class WITH PARENT in the water. Class is designed to introduce appropriate skills and readiness through water

## Preschool & Advanced Preschool (Ages 3-5 yrs)

play and instruction in a positive atmosphere. This is a great transition class for the child preparing for preschool classes.

**Preschool:** Age: 3-5 years

To complete Preschool and move onto Adv Pre the following skills must be mastered. #1 Enter Independently, travel 5 yds using wall walk, submerge mouth and blow bubbles 3 seconds then safely exit water. #2 Glide on front at least 2 body lengths, float on front with face in water for 3 seconds with support. #3 Glide on back 2 body lengths, back float for 3 seconds with support.

**Advanced Preschool:** Age: 4-5 years

Must have completed Preschool class and meet the age requirement to enroll. To complete this level and move onto Level 1 the following skills must be mastered. #1 Front float face down 5 seconds. Front glide with face in for 2 body lengths, glide with kick 2

## Level 1-6 (Ages 6 yrs and older)

body lengths, glide with arms 2 body lengths w/support. #2 Back float 5 seconds. Back glide 2 body lengths, back glide with kick and finning 2 body lengths w/support.

Level descriptions include the exit skills your child will learn in that level and must master to move to the next level.

Ages: 6 & older (Children under 6 years of age will not be accepted into Level 1-5 classes without approval).

**Level 1** To complete this level and move onto Level 2 the following skills must be mastered. #1 Enters independently, bobs 5 times, front crawl with face in for 2 body lengths, front float with face in 7 seconds, and exits with support. #2 Front glide with face in for at least 2 body lengths, rolls to back for 5 seconds, rolls back to front for front float with face in for 5 seconds & recovers. #3 Back finning for 2 body lengths, tread water using arm and leg actions 3 seconds. Can be accomplished with support from Instructor.

**Level 2** To complete this level and move onto Level 3 the following skills must be mastered. #1 Enter into water, push off bottom, move into a back float position for 15 seconds, turn over swim front crawl with face in for 5 body lengths, then exit water. #2 Push off and swim using front crawl with face in for 5 body lengths, roll to back, float 15 seconds, roll to front, then continue front crawl with face in for 5 body lengths.

**Level 3** To complete this level and move onto Level 4 the following skills must be mastered. #1 Jump into deep water from the side, recover to the surface, maintain position by treading or back floating for 30 seconds, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.

**Level 4** To complete this level and move onto Level 4 the following skills must be mastered. #1 Perform a feet first entry into deep water, swim front crawl with rotary breathing for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. #2 Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards. Tread water 1 minute.

**Level 5** To complete this level and move out of the learn to swim program the following must be mastered. #1 Perform a shallow-

### **Private Swim Lessons**

Lessons are designed to meet individual needs and are set up at a time that is convenient for your schedule and when an instructor is available. Cost \$16/half hour Semi Private: \$24/half hour