

Swim Lessons

Red Cross Certified Instructors

Graham City Pool

Registration

**Tuesday May 8th
5:00pm to 6:30pm
at Graham City Pool**

**Session 1 & 2
Cost \$60
(\$55 if you sign up at registration)**

**Session 3
Cost \$30**

**Session I
May 29th – June 1st
June 4th – June 7th**

**Session II
June 11th – June 14th
June 18th – June 21st**

**Session III
July 9th – July 12th
(one week session \$30, 5:00 only)**

**Classes at
10am, 11am, and 5pm**

**Kris Neal
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970-406-0818**

Level 1 – (4 years old). Is afraid of the water. Can't swim at all. Will not get face wet. Designed to teach elementary aquatic skills.

Level 2 – Can't swim without support, but loves the water. Will get face wet. Will jump in. Designed to teach simultaneous and alternating arm/leg actions on the front and back.

Level 3 – Can swim underwater or on top of water, and can get an occasional breath. Can float on front/back. Can tread water. Designed to coordinate the front and back crawl. Introduce elements of the butterfly and treading water. Learn rules for head-first entry into the water.

Level 4 – Designed for stroke improvement for the front crawl, breaststroke, butterfly, back crawl, and backstroke. Developing diving skills.

Level 5– Advanced Class – Fine tune strokes & Endurance offered Session 1 at 11:00