

Swim Lessons

Red Cross Certified Instructors

Graham City Pool

Registration

**Tuesday May 9th &
Wednesday May 10th**

City Pool 5:30-6:30

Cost \$55

(Cost will go up to \$60 after open sign-ups)

**Session I
May 30th – June 2nd
June 5th – June 8th**

**Session II
June 19th – June 22nd
June 26th – June 29th**

**Session III
July 31st – Aug 4th
(one week session \$30)**

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

**Kris Neal
nealkris@hotmail.com
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