

Swim Lessons

Red Cross Certified Instructors

Graham City Pool

Registration

**Tuesday May 6th &
Wednesday May 7th**

City Pool 5:30-7:00

Cost \$55

**Session I
June 3rd - June 6th
June 9th - June 12th**

**Session II
June 23rd - June 26th
June 30th - July 3rd**

**Session III
July 7th - July 10th
July 14th - July 17th**

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.