

# Swim Lessons

**Red Cross Certified Instructors**

**Graham City Pool**

## Registration

**Tuesday May 12<sup>th</sup> &  
Wednesday May 13<sup>th</sup>**

**City Pool 5:30-6:30**

**Cost \$55**

## Session I

**June 1<sup>st</sup> - June 4<sup>th</sup>  
June 8<sup>th</sup> - June 11<sup>th</sup>**

## Session II

**June 22<sup>nd</sup> - June 25<sup>th</sup>  
June 29<sup>th</sup> - July 2<sup>nd</sup>**

## Session III

**July 13<sup>th</sup> - July 16<sup>th</sup>  
July 20<sup>th</sup> - July 23<sup>th</sup>**

## 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.**