

Swim Lessons

Red Cross Certified Instructors

Graham City Pool

Registration

**Tuesday May 3rd &
Wednesday May 4th**

City Pool 5:30-8:30

Cost \$55

Session I

**May 23rd – May 26th
May 31st – June 3rd**

Session II

**June 6th – June 9th
June 13th – June 16th**

Session III

**June 27th – June 30th
July 5th – July 8th**

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