Swim Lessons

Red Cross Certified Lifeguards

Graham City Pool

Registration

Tuesday and Wednesday
May 7th & 8th
5:30pm to 6:30pm
at Graham City Pool

Cost $60
($55 if you sign up at registration)

Session I
May 28th – May 31st
June 3rd – June 6th

Session II
June 10th – June 13th
June 24th – June 27th

Session III
July 8th – July 11th
July 15th – July 18th

8 classes of 45 minutes offered at

10am, 11am, and 5pm

Kris Corbett
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970-406-0818

Parent/ Child- Parent and Child Aquatics builds swimming readiness through games and songs. Parents will learn how to teach their children various skills to increase their child's confidence, coordination and safety in the water. 9:00am

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 stokes & Endurance, Session 1 at 11:00