

# Swim Lessons

**Red Cross Certified Lifeguards**

**Graham City Pool**

**Cost \$60**

**Registration:**

**Monday May 2nd  
4:30pm to 7:00pm  
at Graham City Pool**

**(\$55 if you sign up at registration)  
You can sign up via phone and email after  
registration on May 2<sup>nd</sup>**

**Session I**

**May 31<sup>st</sup> – June 3<sup>rd</sup>  
June 13<sup>th</sup> – June 16<sup>th</sup>**

**Session II**

**June 20<sup>th</sup> – June 23<sup>rd</sup>  
June 27<sup>th</sup> – June 30<sup>th</sup>**

**Session III**

**July 18<sup>th</sup> – July 21<sup>st</sup>  
July 25<sup>th</sup> – July 28<sup>th</sup>**

**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** – (3+ 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. **Session 1 & 2 at 11:00**