

Community Recreation Center

Fall 2022 Swim Lesson Program

Registration Begins Aug 10 @ 6 am

Register on-line at register.pocatello.us
 Registration also taken in person at the Recreation Center



Fall Session 1: Sept 26 - Oct 20

Fall Session 2: Oct 24—Nov 17*

*Classes not held on Mon, Oct. 31 for Halloween -
 make up Fri, Nov. 4th

Resident Fee: \$40/session Non-Resident Fee \$45/session
Classes are Mon/Wed or Tue/Thu for 4 weeks

Monday/Wednesday Swim Lessons		
5:30 p.m.	6:00 p.m.	6:30 p.m.
Preschool	Preschool (A)	Preschool
Adv. Pre	Preschool (B)	Adv. Pre
Level 1	Adv. Pre	Level 1
Level 2	Level 1	Level 2
Level 4/5	Level 3	Level 3

Tuesday/Thursday Swim Lessons		
5:30 p.m.	6:00 p.m.	6:30 p.m.
Preschool	Preschool	Preschool
Adv. Pre	Adv. Pre	Adv. Pre
Level 1	Level 1	Level 1
Level 2	Level 2	Level 1 (B)
Level 3	Level 4/5	Level 3

Parent & Child Swim

Fee: \$20 Residents/session \$24 Non-Residents/session

These classes are water adjustment classes that require a PARENT to be in the water with the child. Classes are designed to introduce appropriate skills and readiness through water play and instruction in a positive atmosphere.

Mondays: Session 1: Sept 26 - Oct 17 Session 2: Oct 24 - Nov 14

Fridays: Session 1: Sept 30 - Oct 21 Session 2: Oct 28 - Nov 18

Saturdays: Session 1: Oct 1 - Oct 22 Session 2: Oct 29 - Nov 19

Class Level/Ages	Mon Times	Fri Times	Sat Times
Level A (6 m. - 1.5 yrs.)	10 - 10:30 am	10 - 10:30 am	9:15 - 9:45 am
Level B (1.5 - 3 yrs.)	10:30 - 11 am	10:30 - 11 am	9:45 - 10:15 am
Level C (4 yrs.)	11 - 11:30 am	11 - 11:30 am	10:15 - 10:45 am

Please Note: All toddlers are required to wear a swim diaper AND plastic pants. Both are available for purchase at the front desk.

Classes may be combined or cancelled due to low enrollment.

Please see FREE swim assessment information on the back of this flyer

Parent Child Aquatics (Ages 6m-3 yrs)

Parent and Child Aquatics Level A: Age: 6 months - 1.5 years

Water adjustment class WITH PARENT in the water for younger children. Class is designed to introduce appropriate skills and readiness through water play in a friendly and positive atmosphere.

Parent and Child Aquatics Level B: Age: 1.5 years - 3 years

Water adjustment class WITH PARENT in the water for those slightly older than level A. Class is designed to introduce appropriate skills and readiness through water play and instruction in a positive atmosphere.

Parent and Child Aquatics Level C: Age: 4yrs old and previous parent /child swim experience.

Continue to build the fundamentals of swimming WITH PARENT support in the water. Class is designed for those with previous swim experience, those who can put face in the water and blow bubbles. Great class for children who are getting ready for preschool swim.

Preschool & Advanced Preschool (Ages 3-5 yrs)

Preschool: Age: 3-5 years

To complete Preschool and move onto Adv Pre the following skills must be mastered. #1 Enter Independently, travel 5 yds using wall walk, submerge mouth and blow bubbles 3 seconds then safely exit water. #2 Glide on front at least 2 body lengths, float on front with face in water for 3 seconds with support. #3 Glide on back 2 body lengths, back float for 3 seconds with support.

Advanced Preschool: Age: 4-5 years

Must have completed Preschool class and meet the age requirement to enroll. To complete this level and move onto Level 1 the following skills must be mastered. #1 Front float face down 5 seconds. Front glide with face in for 2 body lengths, glide with kick 2 body lengths, glide with arms 2 body lengths w/support. #2 Back float 5 seconds. Back glide 2 body lengths, back glide with kick and finning 2 body lengths w/support.

Level 1-5 (Ages 6 yrs and older)

Level descriptions include the exit skills your child will learn in that level and must master to move to the next level. (Children under 6 years of age will not be accepted into Level 1-5 classes without approval).

Level 1 To complete this level and move onto Level 2 the following skills must be mastered. #1 Enters independently, bobs 5 times, front crawl with face in for 2 body lengths, front float with face in 7 seconds, and exits with support. #2 Front glide with face in for at least 2 body lengths, rolls to back for 5 seconds, rolls back to front for front float with face in for 5 seconds & recovers. #3 Back finning for 2 body lengths, tread water using arm and leg actions 3 seconds. Can be accomplished with support from Instructor.

Level 2 To complete this level and move onto Level 3 the following skills must be mastered. #1 Enter into water, push off bottom, move into a back float position for 15 seconds, turn over swim front crawl with face in for 5 body lengths, then exit water. #2 Push off and swim using front crawl with face in for 5 body lengths, roll to back, float 15 seconds, roll to front, then continue front crawl with face in for 5 body lengths.

Level 3 To complete this level and move onto Level 4 the following skills must be mastered. #1 Jump into deep water from the side, recover to the surface, maintain position by treading or back floating for 30 seconds, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.

Level 4 To complete this level and move onto Level 4 the following skills must be mastered. #1 Perform a feet first entry into deep water, swim front crawl with rotary breathing for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. #2 Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards. Tread water 1 minute.

Level 5 To complete this level and move out of the learn to swim program the following must be mastered. #1 Perform a shallow-angle dive into water at least 8 feet deep, swim front crawl with rotary breathing for 50 yards, then swim elementary backstroke 50 yards using appropriate turn throughout. #2 Swim breaststroke for 25 yards, change direction of travel as necessary, then swim back

FREE SWIM ASSESSMENT

WONDERING WHAT LEVEL SWIM LESSON TO REGISTER YOUR CHILD IN?

Every Tuesday evening at 7:00 pm.
An instructor will offer a 5-10 min assessment and tell you what level to choose for your child.

Pre-registration required

<https://pocatello.seamlessdocs.com/f/CRCswimassessment>

Swim lesson level assessments are highly recommended before Swim Lesson enrollments.

Please have child bring a towel and swimsuit.

Refund Policy:

There will be no refunds or make-up classes for missed classes due to illness and/or vacations. Refunds are issued for a medical condition that prohibits participation. Medical documentation of the condition must be provided with refund request. All refunds subject to a \$5.00 administration fee. Classes cancelled by the Community Center will be credited or refunded in full.