

Ross Park Aquatic Complex

Summer Swim Lesson Program

**Registration
Begins
Wed, May 12
for all
sessions**



Register on-line
<http://register.pocatello.us>
Registration also taken at the
Recreation Center
144 Wilson Ave

***New Location* Ross Park Aquatic Complex**
2901 S. 2nd Ave

Come ready to swim with your suit and sunscreen on because we are holding lessons outside for the first time. Be sure to bring your towel and Levels 2 & up can bring goggles. Lessons are held every day Mon - Thu for 2 weeks.

Session 1: June 7-17 Session 2: June 21-July 1
Session 3: July 12-22 Session 4: July 26-Aug 5

COST:

City of Pocatello Resident \$36 Non-Resident \$40
Fee includes 8 lessons!

Mon-Thu Morning Swim Lessons			
9:30 am	10:00 am	10:30 am	11:00 am
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Level 1 A	Preschool B	Preschool B	Preschool B
Level 1 B	Adv. Preschool	Level 1 A	Adv. Preschool
Level 2	Level 1 A	Level 1 B	Level 1
Level 3	Level 1 B	Level 2	Level 2
Level 4	Level 2 A	Level 3	Level 3
Level 5	Level 2 B	Level 4	---

FREE SWIM ASSESSMENTS

****Swim Assessments are highly recommended before enrolling for Swim Lessons****
An instructor will offer a 5-10 min assessment and tell you what level to choose for your child.
Held every Tuesday evening at 7:00 pm.

Pre-registration required

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

Please have child bring a towel and swimsuit.

****Please Note****

All children not yet potty trained are required to wear a **SWIM DIAPER & PLASTIC PANT**.
Both are available for purchase at the front cashier.

Class Descriptions located on back of flyer

*****Classes may be combined or cancelled due to low enrollment**

Refund Policy: there will be no refunds or make-ups for missed classes because the participant can not attend. 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 City of Pocatello will be credited or refunded in full unless a make up date is provided.

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.

Ages: 6 & older (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 crawl for 25 yards using appropriate turn throughout.

Private Swim Lessons

Lessons are designed to meet individual needs and are set up at a time that is convenient for your schedule and when an instructor is available. Age: 3yrs and older

Private (1 child) \$16/half hour - Purchase 6 privates and save \$72

Semi Private (2 children same level) \$24/half hour - Purchase 6 semi privates and save \$120

Complete a Private Swim Lesson Request Form On-line and you will be contacted as soon as an instructor is available. Please allow at least 1 week for placement to occur.

Private Lesson Form: <https://pocatello.seamlessdocs.com/f/CRCprivateswim>

Semi Private Lesson Form: <https://pocatello.seamlessdocs.com/f/CRCsemiprivateswim>