

# Community Recreation Center

## Winter/Spring Swim Lesson Program

### Registration begins Wed, Jan 3rd at 6 a.m.

Register on-line at [register.pocatello.us](http://register.pocatello.us)  
 Registration also taken in person at the Recreation Center



**Session 1: Jan 27—Feb 20\***  
**Classes not held on Mon, Feb 17 - Presidents Day**  
**make up class held on Fri, Feb 7th**  
**Session 2: Feb 24—Mar 19**  
**Session 3: Mar 30—Apr 23**

**Resident Fee: \$36/session    Non-Resident Fee \$40/session**  
**Classes are Mon/Wed or Tue/Thu for 4 weeks**

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

**Refund Policy:** there will be no refunds or make-ups for missed classes for any reason. 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.

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

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

### 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.

### Parent Child Swim Classes - 4 week classes Sessions 1, 2, & 3

**Mon - 1/27-2/17, 2/24-3/16 & 3/30-4/20**

**Sat - 1/25-2/15, 2/22-3/14, & 4/4-4/25**

Res fee \$18/session    Non-Res Fee \$20/session

Sat, Level A	9:15 - 9:45 a.m.	Ages: 6 months - 1.5 years
Mon, Level A	10 - 10:30 a.m.	Ages: 6 months - 1.5 years
Sat, Level B	9:45 - 10:15 a.m.	Ages: 1.5 years - 3 years
Mon, Level B	10:30 - 11 a.m.	Ages: 1.5 years - 3 years

### **\*\*Please Note\*\***

All toddlers or those children not potty trained are required to wear a **SWIM DIAPER (\$1.50) & PLASTIC PANT (\$2.00)**. Both are available for purchase at the Recreation Center.

**\*\*Class Descriptions located on back of flyer\*\***

**\*\*It is our policy that parents and all other spectators watch from the lobby during lessons. A lifeguard is on duty for the safety of everyone.\*\***

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## 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. 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. Class is designed to introduce appropriate skills and readiness through water play and instruction in a positive atmosphere. This is a great transition class for the child preparing for preschool classes.

## 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. Cost \$16/half hour or Semi Private: \$24/half hour

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