

REGISTRATION BEGINS

January 7 @ 6 am

<https://pocatellorec.activityreg.com>

Group Lessons

3 - 12 years



Winter/Spring SWIM LESSONS

**Held @ Community Recreation Center
144 Wilson Ave, Pocatello**

**Pocatello Resident \$40/Session
Non-Resident \$45/Session**

Session 1 : Jan 26-Feb 12 Session 2 : Feb 23-Mar 12 Session 3 : Mar 30-Apr 16

Classes are held for 3 weeks on M/W or T/Th for 30 min per time slot.

MON/WED LESSONS

5:30 pm	6:00 pm	6:30 pm
Guppy	Guppy	Guppy
Minnow	Minnow	Minnow
Goldfish	Goldfish	Goldfish
Seahorse	Seahorse	Otter
Shark	Otter	Shark

TUE/THU LESSONS

5:30 pm	6:00 pm	6:30 pm
Guppy	Guppy	Guppy
Minnow	Minnow	Minnow
Goldfish	Goldfish	Goldfish
Seahorse	Seahorse	Seahorse
Otter	Shark	Otter

**These water adjustment
classes require a parent
to be in the water
with their child.**



**Lessons are held
once/week
and are 1/2 hour
in duration for
3 weeks.**

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

PARENT & CHILD SWIM CLASSES

Pocatello Resident \$20/Session

Non-Resident \$25/Session

S1: Mon: Jan 26-Feb 9 Fri: Jan 30-Feb 13 Sat: Jan 31-Feb 14
S2: Mon: Feb 23-Mar 9 Fri: Feb 27-Mar 13 Sat: Feb 28-Mar 14
S3: Mon: Mar 30-Apr 13 Fri: Apr 3-Apr 17 Sat: Apr 4-Apr 18

Class Ages	Monday	Friday	Saturday
Tadpole (6m-2yrs.)	10am-10:30am	10am-10:30am	9:15am-9:45am
Polliwog (2-4yrs.)	10:30am-11am	10:30am-11am	9:45-10:15am 10:15 -10:45am

****Please Note****

All children not yet potty trained or under 3 are required to wear a SWIM DIAPER & PLASTIC PANT. Available for purchase at the front desk \$3 each.

Lessons (Ages: 3-5 yrs)

Guppy: Age: 3-5 years

To complete Guppy and move onto Minnow the following skills must be achieved. #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.

Minnow: Age: 4-5 years

Must have passed Guppy class and meet the age requirement to enroll. To complete this level and move onto Goldfish student must be at least 5 years of age along with passing the following skills. #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.

Lessons (Ages: 6-13 yrs)

Descriptions include the exit skills your child will learn in that class and must master to move to the next class. (Children under 6 years of age will not be accepted into these classes without approval).

Goldfish: To complete this level and move onto Seahorse 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.

Seahorse: To complete this level and move onto Otter 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.

Otter: To complete this level and move onto Shark 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.

Shark: To complete this level and graduate from our Swim Lesson Program 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.

FREE SWIM ASSESSMENT

WONDERING WHAT SWIM class
to register your child in?

Every Tuesday evening at 7:00 pm.
An instructor will offer a brief assessment
and let you know what
level to choose for your child.

Pre-registration required
[https://pocatello.seamlessdocs.com/f/
CRCswimassessment](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 to your account.