

Community Recreation Center

Winter/Spring 2024 Swim Lesson Program

Registration Begins Jan 3rd @ 6 am

Register on-line at <http://register.pocatello.gov>

Registration also taken in person at the Recreation Center



Session 1: Jan 22 - Feb 15

Session 2: Feb 20*—Mar 14

*Classes not held on Mon, Feb 19 for President's Day
Make-up class held Fri, March 1.

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.
Guppy	Guppy (A)	Guppy
Minnow	Guppy (B)	Minnow
Goldfish	Goldfish	Goldfish
Seahorse	Seahorse	Seahorse
Shark	Otter	Otter

Tuesday/Thursday Swim Lessons		
5:30 p.m.	6:00 p.m.	6:30 p.m.
Guppy	Guppy	Guppy
Minnow	Minnow	Minnow
Goldfish	Goldfish	Goldfish
Seahorse	Seahorse	Seahorse
Otter	Shark	Otter

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.

Mon: Ses 1: Jan 22 - Feb 12 Ses 2: Feb 26 - Mar 18

Fri: Ses 1: Jan 26 - Feb 16 Ses 2: Feb 23 - Mar 15

Sat: Ses 1: Jan 27 - Feb 17 Ses 2: Feb 24 - Mar 16

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 Swim (Ages 6m-3 yrs)

Parent and Child Aquatics Tadpole: 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 Polliwog: 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 Froglet: 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.

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 yrs and older)

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>

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.