

# Community Recreation Center

## Winter/Spring 2023 Swim Lesson Program

### Registration Begins Jan 3rd @ 6 am

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



**Session 1: Jan 23 - Feb 16**

**Session 2: Feb 20\*—Mar 16**

\*Classes not held on Mon, Feb 20 for President's Day

Make-up class held Fri, March 3.

**Session 3: Mar 27—Apr 20**

**Resident Fee: \$40/session    Non-Resident Fee \$45/session**

**Classes are Mon/Wed or Tue/Thu for 4 weeks**

**\*\*\*Class descriptions and ages are on the back of the flyer\*\*\***

Monday/Wednesday Swim Lessons		
5:30 p.m.	6:00 p.m.	6:30 p.m.
Guppie	Guppie (A)	Guppie
Minnow	Guppie (B)	Minnow
Goldfish	Minnow	Goldfish
Seahorse	Goldfish	Seahorse
Shark	Otter	Otter

Tuesday/Thursday Swim Lessons		
5:30 p.m.	6:00 p.m.	6:30 p.m.
Guppie	Guppie	Guppie
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 23 - Feb 13      Ses 2: Feb 27 - Mar 20      Ses 3: Mar 27 - Apr 17

Fri:     Ses 1: Jan 27 - Feb 17      Ses 2: Feb 24 - Mar 17      Ses 3: Mar 31 - Apr 21

Sat:    Ses 1: Jan 28 - Feb 18      Ses 2: Feb 25 - Mar 18      Ses 3: Apr 1 - Apr 22

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 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.

## Lessons (Ages 3-5 yrs)

### **Guppy (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.

### **Minnnow (Adv. 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.

## 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 (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.

**Seahorse (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.

**Otter (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.

**Shark (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.

### **FREE SWIM ASSESSMENT**

#### **WONDERING WHAT SWIM CLASS TO REGISTER YOUR CHILD IN?**

Every Tuesday evening at 7:00 pm.  
An instructor will offer a 5-10 min 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.