



LEARN TO SWIM 2023

Group swimming lessons are available for children 3 ½ - 12 years old. Front Range Recreation utilizes Swim Lesson University©, a nationally recognized curriculum, to help students grow as swimmers and learn to be safe in the water. Our lesson goal is to give students the skills to be safe and enjoy swimming for a lifetime.

‘Drowning is the leading causes of unintentional injury related death for children ages 1-4’ NDPA (National Drowning Prevention Alliance.)

**Don't be a statistic
Learn to Swim!**

Level One

- Breath Holding
- Breath Control
- Floating on Back
- Flutter kick on Front/Back
- In-line kicking
- Paddle Stroke
- Freestyle (front crawl) without breathing

Level Two

- Flutter kicking (with floatation assistance)
- Streamline Flutter Kicking (front and back)
- Freestyle (flutter kick, arm pull, stroke timing with side breathing)
- Backstroke (flutter kick, arm pull, stroke timing)

Level Three

- Freestyle Refinement
- Backstroke Refinement
- Breaststroke (whip kick, arm pull and stroke timing)
- Butterfly (Dolphin kick, arm pull and stroke timing)
- Treading Water

Basic Skills: Level 1

Designed for beginner swimmers with little to no swimming ability.

Freestyle and Backstroke: Level 2

Designed for swimmers that can independently demonstrate basic swimming skills.

Breaststroke and Butterfly: Level 3

Designed for the swimmer to build endurance.

Cost: \$44.00

Details: Class sizes are small with a maximum of 4 students per instructor. Levels cannot be combined.

Registration: Programming opens on May 26th. Visit your neighborhood at www.frontrangerecreation.com, under the 'pools' tab.

Days/Times: Lessons are 30 minutes in duration. Classes are held Monday—Thursday before the pool opens. Exact times are available when you register.

Inclement Weather: One make-up lesson, for weather related cancellation, is provided on Fridays.

Other: There are no refunds/credits once classes have started, Class schedule is subject to change based on instructor availability. Class is subject to change if minimum participant requirement is not met. (notification by phone or email).

Private Swim Lessons: Arranged directly with staff members; \$30.00 per half hour.

Session Dates

- 1 June 5-8
- 2 June 12-15
- 3 June 19-22
- 4 June 26-29
- 5 July 10-13
- 6 July 17-20
- 7 July 24-27