

CHRC 2024 SUMMER SWIM LESSONS

Further information for class descriptions, times, and registration can be found at cottonwoodheights.com

MORNINGS: Monday-Thursday (Indoor OR Outdoor between 9am and 11:30am)

SESSION	DATES	WEEK 1	WEEK 2	REGISTRATION OPENS @ 7 pm
1	June 3rd—June 12th (NO class held Thursday June 13th)	M, T, W, TH, F	M, T, W	MAY 16TH
2	June 17th—June 27th	M, T, W, TH	M, T, W, TH	JUNE 13TH
3	July 1st—July 12th (NO class held Thursday July 4th)	M, T, W	M, T, W, TH, F	JUNE 27TH
4	July 15th—July 25th (NO class held Wednesday July 24th)	M, T, W, TH, F	M, T, TH	JULY 12TH
5	July 29th—August 8th	M, T, W, TH	M, T, W, TH	JULY 25TH

Class Fees (based off of eight (8) lessons)

Members: \$48

Non-Members: \$55

AFTERNOONS: Mondays and Wednesdays (Indoor 12pm-2pm)

SESSION	DATES	WEEK 1	WEEK 2	WEEK 2	REGISTRATION OPENS @ 7 pm
1	June 17th—July 3rd	M, W	M, W	M, W	MAY 16TH
2	July 8th—July 23rd (NO class held Wednesday July 24th)	M, W	M, W	M, T	JULY 3RD

EVENINGS: Tuesdays & Thursdays (Indoor 4pm-6pm)

SESSION	DATES	WEEK 1	WEEK 2	WEEK 2	REGISTRATION OPENS @ 7 pm
1	June 18th—July 3rd (NO class held Thursday July 4th)	T, TH	T, TH	T, W	MAY 16TH
2	July 9th—July 25th	T, TH	T, TH	T, TH	JULY 3RD

SATURDAYS: Indoors between 9am and 11am

SESSION	DATES	REGISTRATION OPENS @ 7 pm
1	June 1st—July 20th (NO lessons June 15th or July 6th)	MAY 16TH

Class Fees (based off of six (6) lessons)

Members: \$42

Non-Members: \$48

Your class may be cancelled or combined if less than 3 participants are signed up for that level

*Outside lessons are weather permitting, please plan accordingly. Updates will be sent via text

SWIM LESSON LEVEL GUIDE

STARBABIES AND TOTS:

This is a parent lead class for children ages 6 months-3 years. Participants will learn how to become comfortable in the water.

Parent must be present in the water at ALL times and ALL classes

SWIM SCHOOL

SWIM SCHOOL 1: (start here!)

Participants will learn to be comfortable in the water away from a parent. They will also learn bubbles and basic floats on their front and back.

SAFETY SKILL: Ask permission before getting in the water.

SWIM SCHOOL 2:

Swimmers will continue developing their floats independently as well as learning elementary backstroke and assisted freestyle.

SAFETY SKILL: Put on a lifejacket and kick for 10 feet to the side of the pool.

SWIM SCHOOL 3:

Swimmers will become more independent in their backstroke and assisted freestyle. Self-rescue to back floating is learned while jumping in.

SAFETY SKILL: Self-rescue on back.

SWIM SCHOOL 4:

Swimmers will become independent in their freestyle skills and backstroke skills.

NEXT LEVEL IS STROKE SCHOOL 1

SAFETY SKILL: Reach or throw—don't go!

STROKE SCHOOL

STROKE SCHOOL 1:

Swimmers in stroke school 1 will take what they learned in swim school and start to add in side breathing and technique. Swimmers will become independent in backstroke.

SAFETY SKILL: Survival float for 30 seconds

STROKE SCHOOL 2:

Swimmers will continue to develop their side breathing and become independent in freestyle. They will also be introduced to dolphin kick.

SAFETY SKILL: Jump into pool and self rescue—then swim 10 feet of backstroke.

STROKE SCHOOL 3:

Swimmers will focus on butterfly and breaststroke in this level and become independent in both strokes. Swimmers will also learn how to tread water.

SAFETY SKILL: Tread water for 30 seconds.

STROKE SCHOOL 4:

Swimmers will go through all 4 strokes in this level and become independent and confident in their swimming skills.

Precomp tryout offered the last day (if asked)

SAFETY SKILL: Call emergency services and ask for help (911).

Participants may NOT register for multiple classes within the same session.

CHRC reserves the right to move a participant to the correct level, if registered incorrectly.

If the correct level is full, the participant will be issued a full credit for a future class.

Cottonwood Heights

Parks & Recreation



For questions, contact:

Madie Durrant

Aquatic Programs Coordinator

385-533-9519

madie@cottonwoodheights.com