

FALL SWIMMING LESSONS

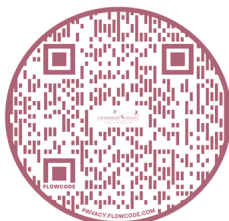
CHRC reserves the right to move a participant to a correct level, if registered incorrectly.

In the event of a full class for the correct level, the participant will be issued a full credit for a future class.

Class	Description/Summary
Parent and Tot (ages 6mo– 4years)	Water exploration & safety skills. One parent (per child) must be in the water at all times. This class eases infants & toddlers into the basics of water movement & safety skills in a fun and comfortable environment.
Pre-Level 1 (ages 3-6 years)	Water Exploration. This is the beginner class for young swimmers. There are no prior skills or abilities needed for this class. The class will focus on teaching navigation through shallow areas of a pool whilst learning basic swimming skills through a comfortable environment. Instructor assistance to pass level.
Pre-Level 2 (ages 3-6 years)	Foundational Skills. This level builds on prior skills for greater movement and flotation. This level will guide your swimmer another step closer to assisted freestyle & backstroke, with a focus on kicking and breathing. Swimmers must be ready to fully submerge their head and face. Limited Instructor assistance to pass level.
Pre-Level 3 (ages 3-6 years)	Primary Skills. This level focuses on progression of freestyle & backstroke, building off kicking and floating from prior levels. Swimmers must be capable of floating , flutter kicking, and retrieving pools toys all on their own. No Instructor assistance to pass level. <u>After passing Pre-Level 3 the next step is Level 3.</u>
Level 1 (ages 7-14)	Water Exploration. This is a beginner level for swimmers ages 7-14. There are no prior skills or abilities needed for this class. The focus of this level will be providing comfort and navigation in shallow areas of a pool while learning basic swimming skills.
Level 2 (ages 7-14)	Primary Skills: This level introduces the progression of freestyle & backstroke swimming, building off kicking and floating skills from the prior level. Swimmers must be comfortable with full submersion of head & face, while also able to freely move about the pool with limited assistance. Hesitation to enter the water, flutter kick in a horizontal position, blow bubbles underwater, or float indicates this level is too advanced for a swimmer.
Level 3 (ages 5-14)	Stroke readiness/development. Swimmers must be capable of swimming Freestyle & Backstroke without assistance before entering this level. This class builds on previously taught freestyle techniques with new focus on side-breathing & underwater streamlining. This level introduces butterfly kicking, arms, and timing. Swimmers must be comfortable in all water depths.
Level 4 (40 min) (ages 5-14)	Stroke development. This class will focus on teaching the fundamentals of breaststroke kicking, arms, breathing, and timing. Prior knowledge and proficiency in freestyle, backstroke, and butterfly is necessary to be in this level. Your swimmer will build on prior experience of underwater dolphin kicking and learn new techniques for breaststroke pull-downs. Beginner progressions for diving entries into deep water will begin in this level.
Level 5 (40 min) (ages 5-14)	Stroke development/refinement. This level focuses on the strengthening of all 4 strokes towards competition level standards. Swimmers will be reinforcing water treading and deep-water entry skills. Comfort in deep water is necessary prior to this class.
Level 6 (40 min) (ages 5-14)	Skill proficiency. This level requires the ability to swim all 4 strokes with comfort and strength. Proficiency in flipturns, open-turns, underwater streamline kicking, and diving into deep water from a kneeling position are required. Swimmers must be comfortable entering & exiting the pool from all areas with consideration of the pool's depth in regards to diving, jumping, or walking in. This level focuses on preparing swimmers to move on to the PreComp Swim Team.
SplashBall (ages 7-14)	Water Polo. This is a beginner level program providing participants with the basic knowledge and foundations of Water Polo while promoting team work, physical fitness, and sportsmanship.
Adult (ages 15+)	For any age or ability, this class will be taught around each individual. Learning freestyle, back stroke, breast stroke, and butterfly.

Questions?

Courtney McGovern
Coordinator, Aquatics Department
801-943-3190 ext. 119
courtney@cottonwoodheights.com



****NO CLASSES DURING THE WEEK OF FALL BREAK (October 16th—22nd)****

Class Times, Information, & Registration @Cottonwoodheights.com

MORNINGS—Six Classes over 3 weeks (Between 11am-2pm)

DATES	WEEK 1	WEEK 2	WEEK 3	REGISTRATION OPENS @5pm
September 12th—September 28th	M / W	M / W	M / W	SEPTEMBER 9th
October 3rd—October 26th	M / W	M / W	M / W	SEPTEMBER 30th

EVENINGS—Six Classes over 3 weeks (Between 6pm-7:55pm)

DATES	WEEK 1	WEEK 2	WEEK 3	REGISTRATION OPENS @5pm
September 13th— September 29th	T / TH	T / TH	T / TH	SEPTEMBER 9th
October 4th—October 27th	T / TH	T / TH	T / TH	SEPTEMBER 30th

SATURDAYS—Six Classes over 6 weeks (Between 9am-12pm)

DATES	REGISTRATION OPENS @5pm
September 17th—October 29th	SEPTEMBER 9th

LEVEL PLACEMENT — (Times + Dates Below) Bring a Swimsuit!

Not sure what level to sign up for? We will evaluate your swimmer for the best level fit!	SEPTEMBER 9th @5pm (Indoor Specialty Pool)	OCTOBER 1st @12pm (Indoor Specialty Pool)	OCTOBER 29th @12pm (Indoor Specialty Pool)
No Prior Sign-Up Required.			

**Participation Fees
(PreLevel 1—Level 3)**

30 min	6 lessons
Members	\$38
Non-Members	\$44

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(PreLevel 1—Level 3)**

30 min	6 lessons
Members	\$38
Non-Members	\$44

PreComp Swim Team

A year round swim group that teaches strength and endurance, with competition standards, for all 4 strokes, flip-turns, starts, and more. Basic skills for PreComp are taught throughout CHRC Swimming Lessons. Schedule Information are available online or at CHRC.

~After completing Swimming Lessons Level 6, swimmers must pass a PreComp tryout before being admitted to the team.~

Jr. Polo Team

A Pre-Competitive program for players that already have the basic knowledge and fundamentals of water polo. Participants need to be able to swim 50 yards freestyle and backstroke, 25 yards breaststroke, and tread for 1 minute without the use of their hands. Schedule Information available online or at CHRC.

~After completing the 'Splashball' Level of Swimming Lessons, players must pass a Jr. Polo tryout before being admitted to the team.~

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