

CHRC 2024 SPRING SWIM LESSONS

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

All registrations for the CHRC Swim Lesson program include six (6), thirty-minute classes.

MORNINGS—Tuesdays and Thursdays from 10am-12pm

DATES	WEEK 1	WEEK 2	WEEK 3	REGISTRATION OPENS @ 7 PM
April 9th—April 25th	T/TH	T/TH	T/TH	MARCH 21ST
April 30th—May 16th	T/TH	T/TH	T/TH	APRIL 25TH

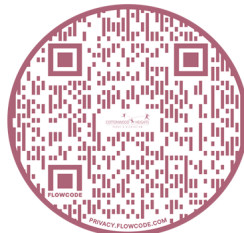
EVENINGS—Tuesdays & Thursdays from 6PM-7PM

DATES	WEEK 1	WEEK 2	WEEK 3	REGISTRATION OPENS @ 7 PM
April 9th—April 25th	T/TH	T/TH	T/TH	MARCH 21ST
April 30th—May 16th	T / TH	T / TH	T / TH	APRIL 25TH

Interested in more?

Please scan the QR code below or visit our website www.cottonwoodheights.com for more info!

- Precomp *tryout required*
- Water Polo
- Open plunge schedules
- Lap swimming schedules



if lesson classes are unable to fill with 3 or more participants, the class will be cancelled

Class Fees

Members	\$42
Non-Members	\$48

Questions?

Madie Durrant
Aquatic Program Coordinator
 801-943-3190 ext. 119
madie@cottonwoodheights.com



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:

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 of class ***

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

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.



For questions, contact:

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Aquatic Programs Coordinator

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