



2022 Learn to Swim Program

Lessons are available for children ages 3 ½ - 12 years. Front Range Recreation uses the nationally recognized Swim Lesson University© curriculum to help students grow as swimmers and learn to be safe in the water. Class sizes are small with a maximum of 4 students per instructor. Our lesson goal is to give students the skills to be safe and enjoy swimming for a lifetime.

Level 1: Basic Skills

This level is designed for the beginner swimmer with little to no swimming ability. This level will focus on instruction with the following skills:

- Breath Holding
- Breath Control
- Floating on Back
- Flutter Kicking on the Front and Back
- In-line Kicking
- Paddle Stroke
- Freestyle (Front Crawl) without side breathing

Level 2: Freestyle and Backstroke

This level is designed for the swimmer that can independently demonstrate basic skills. This level will focus on instruction with the following skills:

- Flutter Kicking with floatation assistance
- Streamline Flutter Kicking on Front & Back
- Freestyle with Side Breathing (Flutter Kick, Arm Stroke & Stroke Timing)
- Backstroke (Flutter Kick, Arm Stroke & Stroke Timing)

Level 3: Breaststroke and Butterfly

This level is designed for the swimmer starting to build endurance. This level will focus on instruction with the following skills:

- Freestyle & Backstroke Refinement
- Breaststroke (Whip Kick, Arms Stroke & Stroke Timing)
- Butterfly (Dolphin Kick, Arm Stroke & Stroke Timing)
- Treading Water

Session Dates:

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| Session 1 | June 6 - 9 | Session 5 | July 11 - 14 |
| Session 2 | June 13 - 16 | Session 6 | July 18 - 21 |
| Session 3 | June 20 - 23 | Session 7 | July 25 - 28 |
| Session 4 | June 27 - 30 | Session 8 | August 1 - 4 |

Days & Times: Lessons are 30 minutes in duration. Classes are held Monday through Thursday. Exact times will be available when you complete your registration online.

Cost: \$40.00. Lesson registration and payment are through our website and credit card is the only accepted form of payment. Visit your association under the Pools tab at www.frontrangerecreation.com. Registration for lesson programming opens May 23rd.

Inclement Weather: One make up for weather related cancellations is provided on Friday for bad weather days. We ask for your patience and support.

Other: There are no refunds or credits after classes begin. Class schedule subject to change based on instructor availability. Classes subject to cancellation if minimum participant requirement is not met. You will be notified of any changes by phone call or email. Private swimming lessons are \$25 per half hour and arranged directly with desired instructor.

*Drowning ranks fifth among the leading causes of unintentional injury death in the United States – Center for Disease Control
Don't become a statistic – Learn to Swim!*