



# LEARN TO SWIM 2024

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 second leading causes of death for children under 14.*  
(Safe Kids)



**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: \$46.00

**Details:** Class sizes are small with a maximum of 4 students per instructor.

**Registration:** Opens on May 25th. Visit the pool to obtain the QR code and register.

**Days/Times:** Lessons are 30 minutes in duration. Classes are held Monday - Thursday prior to the opening of the pool. Exact times are available when you register.

**Incllement 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 or cancellation based on instructor availability or if minimum participant requirement is not met.

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

## Session Dates

- 1 June 3-6
- 2 June 10-13
- 3 June 17-20
- 4 June 24-27
- 5 July 8-11
- 6 July 15-18
- 7 July 22-25
- 8 July 22-August 1