



Front Range Recreation

# LEARN TO SWIM 2024

Group swimming lessons are available for children 4 - 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!**



**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 Tuesday and Thursday prior to the opening of the pool. Exact times are available when you register.

**Inclement 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.

## Level One

- Breath Holding
- Breath Control
- Floating on Back
- Flutter kick on Front/Back
- In-line kicking
- Paddle Stroke
- Front Crawl Stroke

## 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)
- Treading Water

### Level 1: Basic Skills

Designed for beginner swimmers with little to no swimming ability.

### Level 2: Stroke Introduction

Designed for swimmers that can demonstrate independent swimming skills.

### Level 3: Stroke Development

Designed for the swimmer to build endurance and refine strokes.

## Group Lesson take place at the Stonegate Pool

### Session Dates

1 June 4-13

2 June 18-27

3 July 9-18

4 July 23-August 1