

CHRC 2024 FALL 'FINTASIC' SWIM LESSONS

All registrations for the CHRC Swim Lesson program include six (6), thirty (30)-minute classes. Further information for class descriptions, times, and registration can be found at cottonwoodheights.com

MORNINGS—Tuesdays and Thursdays between 10am-12pm

DATES	WEEK 1	WEEK 2	WEEK 3	REGISTRATION OPENS @ 8 PM
September 10th—September 26th	T/TH	T/TH	T/TH	AUGUST 3RD
October 1st—October 15th	T/TH	T/TH	M/T	SEPTEMBER 26TH
October 22nd—November 7th	T/TH	T/TH	T/TH	OCTOBER 15TH
November 12th—November 26th	T/TH	T/TH	M/T	NOVEMBER 7TH

EVENINGS—Tuesdays & Thursdays between 5:45pm-7:15pm

DATES	WEEK 1	WEEK 2	WEEK 3	REGISTRATION OPENS @ 8 PM
September 10th—September 26th	T/TH	T / TH	T/TH	AUGUST 3RD
October 1st—October 15th	T / TH	T / TH	M/T	SEPTEMBER 26TH
October 22nd—November 7th	T / TH	T / W	T / TH	OCTOBER 15TH
November 12th—November 26th	T/TH	T/TH	M/T	NOVEMBER 7TH

SATURDAYS—Saturdays between 9am-11am

DATES	REGISTRATION OPENS @ 12 PM
September 7th—October 12th	AUGUST 3RD
November 2nd—December 16th (no class 11/30)	OCTOBER 12TH

Class Fees (based off of six (6) lessons)

Members: \$42

Non-Members: \$48

Interested in more?

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

- Precomp *tryout required*
- Open plunge schedules
- Lap swimming schedules
- Employment opportunities



Questions?

Madie Durrant

Aquatic Program Coordinator

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Cottonwood Heights

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SWIM LESSON LEVEL GUIDE

MINI FINS:

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 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 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.

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For questions, contact:
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