## **Summer Swim Lessons 2019**

# Registration begins May 1st First Session Begins June 3rd

We are offering two-week sessions starting June 3rd. Registration will begin May 1st.

Classes will be 40 minutes long on Monday, Wednesday and Friday. A two-week session is \$40.

SUIT Enrolled Tribal Members are free. Maximum of 6 children per class. Minimum age is 4 years old.

Provided in cooperation with the American Red Cross Learn To Swim program.

#### **Sessions:**

Session I- June 3rd-June 14th

Session III- July 8th-July 19th

Session II- June 17th-June 28th

Session IV – July 22nd – August 1st

(session IV will end on Thursday, Aug. 1st)

### **Levels:**

**Level 1-**Objective: Comfort...introduction to water. Submerge face, kicking, bobbing, floating, introduction to front crawl and back crawl.

**Level II—** Objective— Stroke Development— front crawl, back crawl, breaststroke, elementary backstroke. Must be able to swim unassisted 5 feet to enter this class.

**Level III**— Objective: Skills building— Deep water treading, breaststroke, elementary backstroke, butterfly, flip turns, diving, rotary breathing. Must be able to swim completely unassisted 15 yards to enter this class.

Parent/Tot Class- Only available at 9am. Objective- This class is for children ages 6 months to 3 years.

Parents or guardian will have fun in the water with their

children exploring water, games and safety.

#### **Times:**



9:00-9:40AM, 9:45-10:25AM & 10:30-11:10AM (Level I, II & III)

For more information, please call

Tim Velasquez, Aquatics Manager at (970) 563-0214



NOTE: Due to safety concerns and overcrowding, the pool will be closed Monday, Wednesday and Friday 9am-1115am.

The hot tub, sauna and ONE lap lane will be available for Adults only (during swim lessons).