



Teton County/Jackson Parks and Recreation

Swim Lesson Program



Fall 2019

Teton County/Jackson Parks and Recreation Department offers a variety of programs for persons six months of age and older. The aqua-tot and preschool programs were designed by professional staff to provide the best opportunity for individuals to reach their potential. The American Red Cross program is utilized for Level 1 thru Level 6 classes. All instructors must complete a training program designed by American Red Cross professionals. Our instructors are sensitive to the apprehensions and fears of the beginner swimmer yet seek to challenge and stimulate the more advanced swimmer. There is a class designed for everyone with a desire to improve their swimming ability.

Registration Information

Registration for all swimming lessons will be on a first-come, first-served basis at the Teton County/Jackson Recreation Center at 155 E. Gill Street, or online beginning at 7pm on registration dates.

- Please bring in your last swim lesson report card for walk in registration to move into the next level.
- Thursday prior to lessons, 8:00pm deadline, registration will be closed.
- If there are any spaces available, registration will re-open Monday to continue to fill classes.
- Any refund requests must be handled by the Teton County/Jackson Parks and Recreation Front Desk staff.
- Online registration is available for all swim lessons; please call 307-739-9025 to obtain internet login ID & Password.
- For a complete list of all swim lesson levels, locations, times, pool rules, and a Swim Progression Chart please visit our website at www.tetonparksandrec.org.
- Please make sure you have visited our website before registration begins and become familiar with site operations.
- Ensure that you have your username and password ready for online registration. Please call the Front Desk Staff to provide assistance if needed.
- Please print a receipt and bring with you the first day of class. If you are unable to print a receipt, please write down the transaction number and bring with you if there are questions.

(Classes may be canceled if minimum registration has not been met three days prior to the start of the session.)

Swim Lesson Online and Walk In/Phone Registration Information

Session I:

Online Registration Begins

Date: Monday, September 9th

Time: 7:00 pm

Walk In/Phone Registration Begins

Date: Tuesday, September 10th

Time: 8:00 am

Registration Deadline: Thursday, September 12th

Session I Class Dates: September 16th - October 17th

Session II:

Online Registration Begins

Date: Monday, October 14th

Time: 7:00 pm

Walk In/Phone Registration Begins

Date: Tuesday, October 15th

Time: 8:00 am

Registration Deadline: Thursday, October 17th

Session II Class Dates: October 21st – November 21st

Group Swim Lesson Age and Ratio Information

<u>Class</u>	<u>Age</u>	<u>Min</u>	<u>Max</u>
Aqua Tots	6 mo-3 y/o	3	6
Preschool (Guppies)	3-5	2	4
Preschool (Skill Development Classes)	3-5	3	6
Level 1 & Level 2	5+	3	6
Level 3 & Level 4	5+	3	6
Level 5 to Level 6	5+	3	6



Aqua Tots and Preschool: Group Swim Lesson Progression

Aqua Tots: 6 months to 3 years old

Aqua Tots is a program providing (six months to three years old) children and their parent(s) an opportunity to learn and experience the fun of swimming together. Swim diapers are required for the Aqua Tot program. Water entry and exit, cue words, floating on front and back, arm movement.

Preschool: 3 to 5 year olds

Because this is a first-time swimming experience without parents; the student to teacher ratio is lower in the Guppies class. This class has a maximum of four children per instructor to ensure children learn to enjoy and respect the water. This class is a must for the first-time swimmer without their parent(s). Getting face wet, blowing bubbles, bobbing, assisted floating on front and back, introduce flutter kick and crawl stroke arms and safety skills.

Guppies

Non-swimmer. Not water adjusted or the first time in a group lesson without a parent. This class emphasizes water adjustment and learning how to enjoy and respect the water.

***Skill Development: 3 to 5 year olds**

The following classes are a great experience in skill development and social adjustment for children three to five years of age that have some aquatic experience. Kindergarten children may go into preschool or grade school lessons. These classes operate on a small student/teacher ratio. A minimum of four children must be enrolled to conduct a class.

Polliwog

Non-swimmer has been water adjusted. This class will work on introductory swimming skills.

Tadpole

Develop front and back skills. Fundamentals of the front crawl stroke, breath control, and deep-water adjustment are covered.

Frog

Can swim 20 feet and knows the basics of rhythmic breathing. Along with increasing rhythmic breathing skills, backstroke skills and endurance will be developed.

Otter

Can swim 15 yards and intro of the elementary backstroke. Under water swim and endurance swimming are stressed.

Seal

Can swim 25 yards front crawl, 15 yards backstroke. Breaststroke is introduced along with more emphasis on endurance training.



Level 1 Thru Level 5: Group Swim Lesson Progression: 5 Years and Above

Level 1 - Introduction to Water Skills: Must have completed Preschool Seal.

Students will learn how to feel comfortable in the water and safely enjoy it. Submerge entire body under water, roll front to back and back to front, demonstrate arm and leg movement for five feet on front and back and safety skills.

Level 2 - Fundamental Aquatic Skills: Must have completed Level 1.

Children will learn basic swimming skills. Students will focus on complete submerging, floating and gliding without support, swim using alternating leg and arm action for five yards, and water safety rules, and how to help others. Children in this level should be comfortable trying things on their own.

Level 3 - Stroke Development: Must have completed Level 2.

Additional guided practice will help students improve their skills. Students will focus on deep water entry and safety, side breathing, treading water, introduction to freestyle, backstroke, butterfly kick and body motion. Children in this level should be able to swim five yards on their own.

Level 4 - Stroke Improvement: Must have completed Level 3.

Kids will gain confidence during swim lessons, improve their stroke and gain additional aquatic skills. Students will focus on surface dives and underwater swimming, treading water using all kicks, freestyle, backstroke, breaststroke and butterfly, and safety in diving. Children in this level should be able to swim 25 yards without stopping.

Level 5 - Stroke Refinement: Must have completed Level 4.

Shallow dive, glide 2 body lengths and begin any stroke, back float and survival float 2 minutes, front and back crawl 50 yards butterfly, elementary backstroke, sidestroke and breaststroke 25 yards and safety skills. Students will focus on building endurance and technique on all strokes, race starts and flip turns. Children in this level should be able to swim 50 yards without stopping.





Session 1:

Morning Swim Lessons

Monday & Wednesday

Session I: September 16th – October 16th

<u>Class</u>	<u>Time</u>	<u>Instructor</u>	<u>Sess I (code)</u>	<u>Fee</u>
Aqua Tot (6-18mo)	8:30am-9am	Mary Pat	31101A1 S1AMW	\$50.00
Guppies	9am-9:30am	Mary Pat	31101P1 S1AMW	\$50.00
Aqua Tot (19-25mo)	9:30am-10am	Mary Pat	31101A2 S1AMW	\$50.00
Polliwog	10am-10:30am	Mary Pat	31101P2 S1AMW	\$50.00
Aqua Tot (26-36mo)	11am-11:30am	Mary Pat	31101A3 S1AMW	\$50.00
Frog	11:30am-12pm	Mary Pat	31101P4 S1AMW	\$50.00
Aqua Tot (19-25mo)	12:30pm- 1pm	Mary Pat	31101A2 S1PMW	\$50.00

Evening Swim Lessons

<u>Class</u>	<u>Time</u>	<u>Instructor</u>	<u>Sess I (code)</u>	<u>Fee</u>
Level 1	6pm-6:30pm	Connor M	32101L1 S1PMW	\$50.00
Level 4	6:30pm-7pm	Connor M	32101L4 S1PMW	\$50.00
Level 5	7pm-7:30pm	Connor M	32101L5 S1PMW	\$50.00

Session 1:

Morning Swim Lessons

Tuesday & Thursday

Session I: September 17th – October 17th

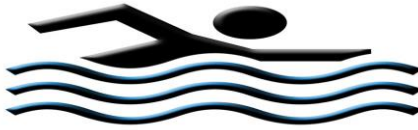
<u>Class</u>	<u>Time</u>	<u>Instructor</u>	<u>Sess I (code)</u>	<u>Fee</u>
Aqua Tot (6-18mo)	8:30am-9am	Mary Pat	31101A1 S1ATTH	\$50.00
Otter	9am-9:30am	Mary Pat	31101P5 S1ATTH	\$50.00
Aqua Tot (19-25mo)	9:30am-10am	Mary Pat	31101A2 S1ATTH	\$50.00
Guppies	10am-10:30am	Mary Pat	31101P1 S1ATTH	\$50.00
Polliwog	11am-11:30am	Mary Pat	31101P2 S1ATTH	\$50.00
Aqua Tot (26-36mo)	11:30am-12pm	Mary Pat	31101A3 S1ATTH	\$50.00
Tadpole	12pm-12:30pm	Mary Pat	31101P3 S1PTTH	\$50.00
Seal	12:30pm-1:00pm	Mary Pat	31101P6 S1PTTH	\$50.00

Afternoon Swim Lessons

<u>Class</u>	<u>Time</u>	<u>Instructor</u>	<u>Sess I (code)</u>	<u>Fee</u>
Level 1	4pm-4:30pm	Patty H	32101L1 S1PTTH	\$50.00
Level 2	4:30pm-5pm	Patty H	32101L2 S1PTTH	\$50.00

Evening Swim Lessons

<u>Class</u>	<u>Time</u>	<u>Instructor</u>	<u>Sess I (code)</u>	<u>Fee</u>
Level 3	6pm-6:30pm	Connor M	32101L3 S1PTTH	\$50.00
Level 4	6:30pm-7pm	Connor M	32101L4 S1PTTH	\$50.00
Level 5	7pm-7:30pm	Connor M	32101L5 S1PTTH	\$50.00



Session 2:

Morning Swim Lessons

Monday & Wednesday

Session II: October 21st – November 20^h

<u>Class</u>	<u>Time</u>	<u>Instructor</u>	<u>Sess II(code)</u>	<u>Fee</u>
Aqua Tot (6-18mo)	8:30am-9am	Mary Pat	31101A1 S2AMW	\$50.00
Guppies	9am-9:30am	Mary Pat	31101P1 S2AMW	\$50.00
Aqua Tot (19-25mo)	9:30am-10am	Mary Pat	31101A2 S2AMW	\$50.00
Polliwog	10am-10:30am	Mary Pat	31101P2 S2AMW	\$50.00
Tadpole	10:30am-11am	Sue B	31101P3 S2AMW1	\$50.00
Aqua Tot(26-36mo)	11am-11:30am	Mary Pat	31101A3 S2AMW	\$50.00
Tadpole	11:30am-12pm	Mary Pat	31101P3 S2AMW2	\$50.00
Frog	12pm-12:30pm	Mary Pat	31101P4 S2PMW	\$50.00
Otter	12:30pm-1pm	Mary Pat	32101P5 S2PMW	\$50.00

Evening Swim Lessons

<u>Class</u>	<u>Time</u>	<u>Instructor</u>	<u>Sess II(code)</u>	<u>Fee</u>
Level 3	6pm-6:30pm	Connor M	32101L3 S2PMW	\$50.00
Level 4	6:30pm-7pm	Connor M	32101L4 S2PMW	\$50.00
Level 5	7pm-7:30pm	Connor M	32101L5 S2PMW	\$50.00

Session 2:

Morning Swim Lessons

Tuesday & Thursday

Session II: October 22nd – November 21st

<u>Class</u>	<u>Time</u>	<u>Instructor</u>	<u>Sess II (code)</u>	<u>Fee</u>
Aqua Tot (26-36mo)	8:30am-9am	Mary Pat	31101A3 S2ATTH	\$50.00
Guppies	9am-9:30am	Mary Pat	31101P1 S2ATTH1	\$50.00
Aqua Tot (19-25mo)	9:30am-10am	Mary Pat	31101A2 S2ATTH	\$50.00
Guppies	10am-10:30am	Mary Pat	31101P1 S2ATTH2	\$50.00
Polliwog	10:30am-11am	Sue B	31101P2 S2ATTH1	\$50.00
Aqua Tot (6-18mo)	11am-11:30am	Mary Pat	31101A3 S2ATTH	\$50.00
Polliwog	11:30am-12pm	Mary Pat	31101P2 S2ATTH2	\$50.00
Tadpole	12pm-12:30pm	Mary Pat	32101P3 S2PTTH	\$50.00
Seal	12:30pm-1pm	Mary Pat	32101P6 S2PTTH	\$50.00

Afternoon Swim Lessons

<u>Class</u>	<u>Time</u>	<u>Instructor</u>	<u>Sess II (code)</u>	<u>Fee</u>
Level 1	4pm-4:30pm	Connor M	32101L1 S2PTTH	\$50.00
Level 2	4:30pm-5pm	Connor M	32101L2 S2PTTH	\$50.00

Evening Swim Lessons

<u>Class</u>	<u>Time</u>	<u>Instructor</u>	<u>Sess II (code)</u>	<u>Fee</u>
Level 3	6pm-6:30pm	Connor M	31101L3 S2PTTH	\$50.00
Level 4	6:30pm-7pm	Connor M	32101L4 S2PTTH	\$50.00
Level 5	7pm-7:30pm	Connor M	32101L5 S2PTTH	\$50.00

Private Swim Lessons

One on One or Semi-private Swim lessons: All lessons will be coordinated with a swim instructor and your information and schedule will be arranged with the instructor to schedule your swim lesson. The swim instructor will contact you to determine the dates and times for your lesson. Parents must bring their receipt to each class for proof of purchase. **All private lessons are based on instructor availability.**

Youth Private Lessons

Does your child want to improve his/her stroke technique, or do you just want to make sure your child is safe in the water? Let our trained, experienced, and certified instructors inspire your child in the pool. One-on-one instruction is available for ages 3 years and up.

Adult Private Lessons

Do you want to improve your stroke technique, start training for an event, or do you just want to make sure you are safe in the water? Let our trained, experienced, and certified instructors inspire you in the pool. One-on-one instruction is available for all ages.

Age: 3+

Individual Private Lesson

Fee: \$40.00 (30-min. session)

Semi-Private Lesson

Fee: \$32.50 (30-min. session)

(Cancellation Policy: Parents must cancel classes 1 day prior to their scheduled lesson. If a parent does not show up without cancelling, they will forfeit the class.)

For more information call 307-733-5056

Lifeguard Training

Teton County/Jackson Parks and Recreation is hosting an American Red Cross Lifeguard Certification course. Participants must accomplish all e-learning sessions prior to class session and must attend all classes for certification. The certification includes a Lifeguard, CPR, AED, and First-aid training that is valid for two years and accepted nationwide.



Age 15+. Min-6, Max-20.

<u>Session Dates</u>	<u>Days</u>	<u>Time</u>	<u>Instructor</u>	<u>Session I (code)</u>	<u>Fee</u>
				23103S1 LGP	\$200

Registration Deadline:

Fee: \$160 plus Red Cross Fees of \$38.00

(Fee includes meeting room, pool time, instructor fees, required Red Cross texts, CPR pocket mask, video and Red Cross administration fees.)

Please bring a photo ID or a copy of your birth certificate to the first day of class.

COURSE PREREQUISITES:

To enroll in the Lifeguarding course, a person must meet the following criteria:

1. Be at least 15 years old.
2. Swim 300 yards continuously using each of the following strokes for at least 100 yards: front crawl or breaststroke and. The strokes used for the remaining 100 yards are the participant's choice between the two.
3. Swim to the deep end, surface dive to a minimum depth of seven feet and bring a ten-pound diving brick to the surface and kick back to the shallow end, exit the pool in 1: 40 or less.
4. Tread water for two minutes with the use of legs only.

Water Safety Instructor Course

The Teton County/Jackson Parks and Recreation Department will be offering an American Red Cross Water Safety Instructor course. This 36 hour course is dedicated to developing the skills needed to instruct and plan courses in the American Red Cross Swimming and Water Safety program. Participants must be able to meet or pass all course prerequisites below. The cost for the course is \$175 and is payable at the time of registration. Books for the course may be picked up after completing the pretest.

Age 15+. Min-6, Max-20.

<u>Session Dates</u>	<u>Days</u>	<u>Time</u>	<u>Instructor</u>	<u>Session I (code)</u>	<u>Fee</u>
TBD				33103S1 WSI	\$240

Registration Deadline:

Fee: \$200 plus Red Cross Fees of \$37.00

COURSE PREREQUISITES

Candidates must be at least 16 years of age. They must swim the following strokes consistent with the Stroke Performance Charts, Level 4.

1. Front crawl 25 yards
2. Back crawl 25 yards
3. Breaststroke 25 yards
4. Elementary Backstroke 25 yards
5. Sidestroke 25 yards
6. Butterfly 15 yards
7. Maintain position on back one minute in deep water (floating or sculling).
8. Tread water for one minute.

CPR/AED & First Aid Course

The content within the First Aid/CPR/AED program reflects the most current scientific recommendations, and includes the knowledge and skills necessary for participants to safely identify and give appropriate care, regardless of the type of the emergency. This program stresses the basic steps to follow in any emergency, beginning with the most important step - the decision to act - and helps participants confront their fears of getting involved and giving care. The American Red Cross program explains the emergency medical services (EMS) system, emphasizes the need for rapid medical assistance in an emergency and provides instruction on appropriate care for a variety of injuries and sudden illnesses that first responders may encounter in their workplaces, communities and homes.

Age 15+ Min Enrollment- 5, Max Enrollment- 10

<u>Session Dates</u>	<u>Days</u>	<u>Time</u>	<u>Instructor</u>	<u>Session I (code)</u>	<u>Fee</u>
10/6/19	Sunday	4pm-7pm	Connor McGinnis Noah Kolis	34104S1 CPRPSUN	\$75
10/13/19	Sunday	4pm-7pm	Connor McGinnis Noah Kolis	34104S2 CPRPSUN	\$75

Registration Deadline: 10/4/19 & 10/11/19 (Online portion must be completed before in-person class)

Fee: \$45 plus Red Cross Fees of \$30

LOOKING FOR A JOB?

Aquatics Positions Available:

- Lifeguard • Water Safety Instructor • Slide Attendant

For more information,

call the Recreation Center Front Desk at 307-739-9025