



# Teton County/Jackson Parks and Recreation

## Swim Lesson Program



### Winter 2020

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](http://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, January 6th

Time: 7:00 pm

##### Walk In/Phone Registration Begins

Date: Tuesday, January 7th

Time: 8:00 am

**Registration Deadline:** Thursday, 17<sup>th</sup>

**Session I Class Dates:** January 13<sup>th</sup>- February 13<sup>th</sup>

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##### **Session II: 4 Week Session (Spring Break)**

##### Online Registration Begins

Date: Monday, February 17<sup>th</sup>

Time: 7:00 pm

##### Walk In/Phone Registration Begins

Date: Tuesday, February 18<sup>th</sup>

Time: 8:00 am

**Registration Deadline:** Thursday, February 27<sup>th</sup>

**Session II Class Dates:** February 24<sup>th</sup>- March 19<sup>th</sup>

## 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	7
Preschool (Guppies)	3-5	3	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.



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**Session 2:**  
**Morning Swim Lessons**  
**Monday & Wednesday**

**Session II: February 24th – March 18<sup>th</sup>**

<u>Class</u>	<u>Time</u>	<u>Instructor</u>	<u>Sess I (code)</u>	<u>Fee</u>
Aqua Tot (25-36mo)	8:30am-9am	Mary Pat	12101A3 S2AMW	\$40.00
Frog	9am-9:30am	Mary Pat	12101P4 S2AMW	\$40.00
Aqua Tot (6-18mo)	9:30am-10am	Mary Pat	12101A1 S2AMW	\$40.00
Tadpole	10am-10:30am	Mary Pat	12101P3 S2AMW	\$40.00
Polliwog	11am-11:30am	Mary Pat	12101P2 S2AMW	\$40.00
Aqua Tot (19-25mo)	11:30am-12pm	Mary Pat	12101A2 S2AMW	\$40.00
Guppies	12pm- 12:30pm	Mary Pat	12101P1 S2PMW	\$40.00
Otter	12:30pm-1pm	Mary Pat	12101P5 S2PMW	\$40.00

**Evening Swim Lessons**

<u>Class</u>	<u>Time</u>	<u>Instructor</u>	<u>Sess I (code)</u>	<u>Fee</u>
Level 1	4pm-4:30pm	Connor M	12101L1 S2PMW	\$40.00
Level 2	4:30pm-5pm	Connor M	12101L2 S2PMW	\$40.00
Level 3	5pm-5:30pm	Connor M	12101L3 S2PMW	\$40.00
Level 2	5:30pm-6pm	Connor M	12101L2 S2PMW	\$40.00

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**Session 2:**  
**Morning Swim Lessons**  
**Tuesday & Thursday**

**Session II: February 25th – March 19<sup>th</sup>**

<u>Class</u>	<u>Time</u>	<u>Instructor</u>	<u>Sess I (code)</u>	<u>Fee</u>
Polliwog	8am-8:30am	Bridgette	12101P2 S2ATTH	\$40.00
Aqua Tot (25-36mo)	8:30am-9am	Bridgette	12101A3 S2ATTH	\$40.00
Frog	8:30am-9am	Mary Pat	12101P4 S2ATTH	\$40.00
Aqua Tot (6-18mo)	9am-9:30am	Mary Pat	12101A1 S2ATTH	\$40.00
Guppies	9am-9:30am	Bridgette	12101P1 S2ATTH	\$40.00
Guppies	9:30am-10am	Mary Pat	12101P1 S2ATTH	\$40.00
Aqua Tot(6-18mo)	9:30am-10am	Bridgette	12101A1 S2ATTH	\$40.00
Aqua Tot (25-36mo)	10am-10:30am	Mary Pat	12101A3 S2ATTH	\$40.00
Frog	10am-10:30am	Bridgette	12101P4 S2ATTH	\$40.00
Polliwog	11am-11:30am	Mary Pat	12101P2 S2ATTH	\$40.00
Aqua Tot (19-25mo)	11am-11:30am	Bridgette	12101P2 S2ATTH	\$40.00
Tadpole	11:30am-12pm	Mary Pat	12101P3 S2ATTH	\$40.00
Otter	11:30am-12pm	Bridgette	12101P5 S2ATTH	\$40.00
Aqua Tot (19-25mo)	12pm-12:30pm	Mary Pat	12101A2 S2PTTH	\$40.00
Seal	12:30pm-1:00pm	Mary Pat	12101P6 S2PTTH	\$40.00

**Afternoon Swim Lessons**

<u>Class</u>	<u>Time</u>	<u>Instructor</u>	<u>Sess I (code)</u>	<u>Fee</u>
Level 1	4:30pm-5pm	Patty H	12101L1 S2PTTH	\$40.00
Level 2	5pm-5:30pm	Patty H	12101L2 S2PTTH	\$40.00

**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	12101L3 S2PTTH	\$40.00
Level 4	6:30pm-7pm	Connor M	12101L4 S2PTTH	\$40.00
Level 5	7pm-7:30pm	Connor M	12101L5 S2PTTH	\$40.00

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## 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 307-733-505**

## **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

**Session Dates**

**TBD**

**Days**

**Time**

**Instructor**

**Session I (code)**

**Fee**

**\$75**

Registration Deadline: (Online portion must be completed before in-person class)

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