



Teton County/Jackson Parks and Recreation

Swim Lesson Program



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 an extensive 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 will be handled by Connor McGinnis at cmcginnis@tetoncountywy.gov
- 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.)

* Covid-19 Swim Lesson Protocol*

- Parents and students should arrive 10 minutes before lessons and check in for a safety screening
- We ask that if anyone is feeling these symptoms to not participate in class:
 - Temperature higher than 100.4
 - Coughing
 - Shortness of breath
 - Chills
 - Muscle pains
 - Headache
 - Sore throat
 - New loss of taste or smell
 - Close contact with anyone with these symptoms or Covid-19
- Parents will be asked to wear proper masks while in the lessons
- We ask that parents and children come to the pool with suits on to minimize locker room use
- Locker rooms will be available for changing after lessons
- Parents will be allowed to wait in the lobby for the duration of Level 4-5 lessons
- When registering a child for Level 4-5 classes please make sure that your child is capable of swimming on their own for multiple lengths of the lap pool. If the child cannot swim a length of the lap pool in a timely manner, they will be removed from the class and refunded for the session.

Swim Lesson Online and Walk In/Phone Registration Dates

Session I:

Online Registration Begins

Date: Monday, October 19th
 Time: 7:00 pm

Walk In/Phone Registration Begins

Date: Tuesday, October 20th
 Time: 8:00 am

Registration Deadline: Thursday, October 22nd

Session I Class Dates: Oct 27th – Nov 19th

Group Swim Lesson Classes: Dates and Times

Session 1:

Morning & Afternoon Swim Lessons Tuesday & Thursday

<u>Class</u>	<u>Time</u>	<u>Instructor</u>	<u>Sess I (code)</u>	<u>Fee</u>
Aqua Tot 26-36mo	10am-10:30am	Patti Harbowy	31101A3 S1ATTH	\$50.00
Level 4	4:30pm-5pm	Connor McGinnis	32101L4 S1PTTH	\$50.00
Level 5	5pm-5:30pm	Connor McGinnis	32101L5 S1PTTH	\$50.00
Level 4	5:30pm-6pm	Connor McGinnis	32101L41 S1PTTH	\$50.00

Session 1:

Morning Swim Lessons Monday & Wednesday

<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
Aqua Tot 19-25mo	9am-9:30am	Mary Pat	32101A2 S1AMW	\$50.00
Aqua Tot 26-36mo	9:30am-10am	Mary Pat	32101A3 S1AMW	\$50.00
Aqua Tot 19-25mo	10am-10:30am	Mary Pat	32101A21 S1AMW	\$50.00

Group Swim Lesson Program Information

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



Aqua Tots and Preschool: Group Swim Lesson Progression

Aqua Tots: 6 months to 3 years old *(Parent(s)) & Child)*

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

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

Tadpole

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

Frog

Must have completed Tadpole. 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

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

Seal

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



Level 1 thru Level 6: 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.

Level 6-A - Personal Water Safety: Must have completed Level 5.

Front and back crawl 100 yards, elementary backstroke, butterfly, sidestroke and breaststroke 50 yards, survival and back float 5 minutes, survival swimming 10-minutes, various surface dive.

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.)



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>
TBD				23103S1 LGP_____	\$195

Registration Deadline:

Fee: \$160 plus Red Cross Fees of \$35.00

(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				23103S1 WSIP_____	\$210

Registration Deadline:

Fee: \$175 plus Red Cross Fees of \$35.00

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).