

2021 Swimming Lessons

Based on the American Red Cross Learn to Swim Program

Costs: \$22 per session first child; \$20 per sessions for additional children in same household

Registration is due by 5pm on the Friday before the session of lessons start. Due to the potential high demand for swim lessons, we request that you register your child (ren) for one session. If you would like to have your child in additional sessions of lessons, please put your name on our "swim lesson wait list." CKCPRD staff will notify when a session of lessons comes available for you:

Session One: M-F: July 5-9th Morning: 11:15-11:45am Evening: 5:45-6:15pm Session Two: M-F: July 12-16th Morning: 11:15-11:45am Evening: 5:45-6:15pm	Session Three: M-F: July 19-23rd Morning: 11:15-11:45am Evening: 5:45-6:15pm Session Four: M-F: July 26-30th Morning: 11:15-11:45am Evening: 5:45-6:15pm	Session Five: M-F: August 2-6th Morning: 11:15-11:45am Evening: 5:45-6:15pm Session Six: M-F: August 9-13th Morning: 11:15-11:45am Evening: 5:45-6:15pm	Session Seven M-F: August 16-20 <i>Evening Only due to Fair</i> Evening: 5:45-6:15
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Learn to Swim for Children:

Preschool Aquatics: Orients children to the aquatic environment and helps them gain basic aquatic skills in the wading pool and large pool. Occasionally children in the pre-school class do not want to participate in their class, so we ask that the parent/guardian be on the deck near the wading pool just in case!

Level 1: Introduction to Water Skills: Helps participants feel comfortable in the water and develop basic skills such as: bubble blowing, submerging the face and head, supported front and back float, breathing, and kicking.

Level 2: Fundamental Aquatic Skills: Gives participants success with fundamental skills including retrieving objects from shallow water, front and back floats, flutter kick and fining

Level 3: Stroke Development: Builds on the skills in level 2 with guided practice with the beginning front crawl, introduction to backstroke and butterfly, retrieving objects from bottom, and jumping into deep water.

Level 4 and 5 Combined: Stroke Improvement and Refinement: Improves strokes including elementary backstroke, breaststroke, sidestroke, turns at the wall, and continued work on front & back crawl and butterfly. Also introduction to distance swimming, refinement of all strokes.

Additional Swim Lesson Information and Policies:

- Please check in at the front desk as your child arrives for lessons
- The District reserves the right to cancel a class due to insufficient participants. Credits & or refunds will be issued.
- Anyone with an open wound, or contagious condition will not be allowed in the pool.

Preparing your child for lessons:

- Bring lots of towels & warm clothes.
- Goggles are suggested, but please be sure the goggles fit before lessons start!
- If your child has long hair, please put it in a ponytail or braid.
- Let the instructor know if your child has any medical conditions.
- Parents should remain seated & try to not distract their child during lessons.
- Have your child use the restroom prior to the start of lessons.

Private Swimming Lessons: Private lessons are available through the Central Klickitat County Park & Recreation District at a rate of \$140 per session. These lessons are taught by Red Cross certified lifeguards who are on staff with the district. Private lesson dates & times will be arranged with the instructor & parents and consists of five hours of instruction time. There are limited times when private lesson can be taught. Please ask for additional details.

AMERICAN RED CROSS LIFEGUARD CLASSES: CKCPRD will be offering lifeguard classes this summer. Dates and time are to be determined. Please leave your name, email and phone number at the swimming pool and we will get you added to the list. For additional details, please go to www.centralklickitatparksandrec.com