

Swim Lessons:  
\$45 (RD: \$41)  
Private Lessons: \$18  
Registration Begins:  
June 3rd



Call 509-498-9250  
or visit  
[cityofcheney.org/177/Parks-Recreation](http://cityofcheney.org/177/Parks-Recreation)  
to register!

Morning Sessions - 30 Minutes	Evening Sessions - 30 Minutes	Saturday Sessions
Monday - Friday, 10am - 12:30pm	Tuesday & Thursday, 5:30pm - 7:30pm	30 Minutes, 10am - 12pm
Session 1: 6/17 - 6/28	Session 1: 6/18 - 7/18	Session 1: 6/22 - 8/24
Session 2: 7/1 - 7/12	(No class 7/4)	
Session 3: 7/15 - 7/26	Session 2: 7/23 - 8/22	
Session 4: 7/29 - 8/9		

### Tadpole (Parent/Infant, Ages 6 months - 2 years)

Parents must get in the water with their child and participate in helping them become comfortable with being in the water.

### Preschool Ages 3-5

**Guppy (Pre 1)** - Students will become comfortable in water. Students will learn to get their face wet, listen to their instructors and transition off the tot dock safely.

**Goldfish (Pre 2)** - Students will become more independent in water. Students will be able to fully submerge, enter/exit pool without support and willingly TRY new skills unsupported.

**Clownfish (Pre 3)** - Students will learn independent swimming skills and techniques. Students required to float/glide unsupported, exhale through nose while submerged, jump into deep water, front crawl 2 yards.

**Starfish (Pre 4)** - Ongoing transitional class designed to adapt students' aquatic abilities. Students will learn to tread water for 30 seconds, transition directly to 25 yard front crawl, retrieve an object from 3 feet depth and transition comfortably to deep end of lap pool.

### Levels 1-6

**Level 1** - Students will become comfortable in water. Students must pass: (1) Enter water independently, spider-man crawl 5 yards, submerge 3 times, exit water and (2) Front glide 2 body lengths, roll to back, float 3 seconds, recover to vertical (supported).

**Level 2** - Students will become independent in water. Float/glide without assistance, swim using front crawl for 5 body lengths, jump into pool, surface and back float/return to wall.

**Level 3** - Students will begin working on strokes, including front crawl with rhythmic breathing, diving and treading water. Because of focus on proper breathing, students often take this class more than once.

**Level 4** - Students will expand stroke development, building on front crawl and elementary backstroke. Breaststroke introduced. Students will enter water from an elevated height.

**Level 5** - Stroke refinement for front/back crawl, breaststroke and dolphin kick. Surface diving and shallow angle dives will be introduced.

**Level 6 Pre-Swim Team** - Students will refine strokes and turns as fitness swimmers. Butterfly is introduced. Paddles, fins, pace clocks, starting blocks and precautions for aquatics workouts will be introduced.

**Level 6 Pre-Lifeguard** - Students will learn first aid, equipment, entries and rescue skills. Final assessment is the swim test required to take lifeguard certification class. Successful completion required to participate in Jr. Lifeguard Program. **COMPLETION DOES NOT CERTIFY STUDENTS AS LIFEGUARDS.**