



Teton County/Jackson Parks and Recreation



Swim Lesson Program

Summer 2021

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 5 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 12pm on registration dates.

****Please create new account with us with our new software prior to registration****

- 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@tetoncountwy.gov
- Online registration is available for all swim lessons. 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 at 307-739-9025 to provide assistance if needed for site log in information.
- For a complete list of all swim lesson levels, locations, times, pool rules, and a Swim Progression Chart please visit our website at <https://tetonparksandrec.recdesk.com/Community/Home> .
- 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 Dates

Session II:

Online Registration Begins

Date: Tuesday, July 20th

Time: 12:00 pm

Walk In/Phone Registration Begins

Date: Wednesday, July 21st

Time: 8:00 am

Registration Deadline: Friday, July 23rd

Session II Class Dates: July 26th – August 26th.

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	5
Preschool (Guppies)	3-5	2	4
Preschool (Skill Development Classes)	3-5	3	5
Level 1 & Level 2	5+	3	5
Level 3 & Level 4	5+	3	5
Level 5 to Level 6	5+	3	5



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; 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. 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.

Preschool 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 2 Monday & Wednesday

Morning Swim Lessons

July 26th – August 26th

<u>Class</u>	<u>Time</u>	<u>Instructor</u>	<u>Fee</u>
Level 1	10:30am-11am	Jackson F	\$50.00
Level 2	10:30am-11am	Julia M	\$50.00
Polliwog	10:30am-11am	Beth E	\$50.00
Level 2	11am-11:30am	Jackson F	\$50.00
Level 4	11am-11:30am	Julia M	\$50.00
Tadpole	11am-11:30am	Beth E	\$50.00
Level 3	11:30am-12pm	Jackson F	\$50.00
Level 3	11:30am-12pm	Julia M	\$50.00
Guppies	11:30am-12pm	Beth E	\$50.00
Level 1	12pm-12:30pm	Jackson F	\$50.00
Level 2	12pm-12:30pm	Julia M	\$50.00
Guppies	12pm-12:30pm	Beth E	\$50.00
Level 2	12:30pm-1pm	Jackson F	\$50.00
Level 1	12:30pm-1pm	Julia M	\$50.00
Guppies	12:30pm-1pm	Beth E	\$50.00

Session 2 Tuesday & Thursday

Morning Swim Lessons

July 27th – August 26th

<u>Class</u>	<u>Time</u>	<u>Instructor</u>	<u>Fee</u>
Polliwog	10:30am-11am	Jackson F	\$50.00
Guppies	10:30am-11am	Julia M	\$50.00
Level 1	10:30am-11am	Beth E	\$50.00
Level 2	10:30am-11am	David G	\$50.00
Tadpole	11am-11:30am	Jackson F	\$50.00
Polliwog	11am-11:30am	Julia M	\$50.00
Level 2	11am-11:30am	Beth E	\$50.00
Level 3	11am-11:30am	David G	\$50.00
Guppies	11:30am-12pm	Beth E	\$50.00
Tadpole	11:30am-12pm	Julia M	\$50.00
Level 3	11:30am-12pm	Jackson F	\$50.00
Level 4	11:30am-12pm	David G	\$50.00
Otter	12pm-12:30pm	Jackson F	\$50.00
Frog	12pm-12:30pm	Julia M	\$50.00
Level 1	12pm-12:30pm	Beth E	\$50.00
Level 2	12pm-12:30pm	David G	\$50.00
Level 1	12:30pm-1pm	Jackson F	\$50.00
Polliwog	12:30pm-1pm	Julia M	\$50.00
Level 2	12:30pm-1pm	Beth E	\$50.00
Level 3	12:30pm-1pm	David G	\$50.00

Lessons Continued on Next Page...

Session 2 Tuesday & Thursday
Afternoon & Saturday Swim Lessons
July 27th – August 26th

Afternoon Swim Lessons

Aqua Tot(6-12mo)	12:30pm-1pm	Mary P	\$50.00
Aqua Tot(13-19mo)	1pm-1:30pm	Mary P	\$50.00
Aqua Tot(20-25mo)	1:30pm-2pm	Mary P	\$50.00
Aqua Tot(26-36mo)	2pm-2:30pm	Mary P	\$50.00

Saturday Morning Swim Lessons- 1 Hour Class Once a Week

<u>Class</u>	<u>Time</u>	<u>Instructor</u>	<u>Fee</u>
Level 4	10am-11am	Julia M	\$50.00
Level 5	11am-12pm	Julia M	\$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 and older

Individual Private Lesson **Fee:** \$40.00

Semi-Private Lesson **Fee:** \$32.50 per child

Private and Semi-Private Lesson fees are per 30-minute class. For more information call 307-732-9025

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.