

Swim Lessons Jan – March 2019



Session 1: January 14 – March 21

No swim lessons: January 21
February 18

Fees: M/W \$90 Guppie \$135
T/TH \$100 Guppie \$150

Swim Lesson Online Registration Dates

Please make sure you have visited our website BEFORE registration begins and become familiar with site operations. Ensure that you have your user name and password ready when registration begins. All registrations will be on a first come first served basis. 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.

SESSION 1 – JANUARY 8 7:00 PM. ON LINE REGISTRATION BEGINS

Walk in or phone in registration will be accepted beginning at 8:00 am the following day after online registration. Classes may be canceled or changed to another time if minimum registration has not been met three days prior to the start of the session.

[Aquatic and Swim Lesson Programs](#)

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 grade school lessons. 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. Be sure to check our specialty classes. There is a class designed for everyone with a desire to improve their swimming ability.



Aqua Tots

Aqua Tots is a program providing six month to three-year-old children and their parent(s) an opportunity to learn and experience the fun of swimming together. A minimum of four children must be enrolled to conduct the class. **Swim diapers are required for the Aqua Tot program.**

Monday/Wednesday

Time: 8:30 – 9:00 am

Age: 25 -36 mo.

Instructor: Mary Pat

Walker

Session 1 Course code: 1110141-1a

Time: 9:30 - 10:00 am

Age: 13 - 18 mo.

Instructor: Mary Pat

Walker

Session 1 Course code: 1110121-1a

Time: 11:30 – 12:00 pm

Age: 19 - 24 mo.

Instructor: Mary Pat

Walker

Session 1 Course code: 1110131-1a

Time: 12:30 - 1:00 pm

Age: 6 – 12 mo.

Instructor: Mary Pat

Walker

Session 1 Course code: 1110111-1a

Tuesday/Thursday

Time: 9:00 – 9:30 am

Age: 6 - 12 mo.

Instructor: Mary Pat
Walker
Session 1 Course code: 1110111-1b

Time: 11:00 - 11:30 am **Age: 13 - 18 mo.**
Instructor: Mary Pat

Walker
Session 1 Course code: 1110121-1b

Time: 10:00 - 10:30 am **Age: 25 - 36 mo.**
Instructor: Mary Pat

Walker
Session 1 Course code: 1110141-1b

Time: 12:00 - 12:30 pm **Age: 19 - 24 mo.**
Instructor: Mary Pat

Walker
Session 1 Course code: 1110131-1b

Preschool

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).

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.

Monday/Wednesday

Time: 12:00 - 12:30 pm **Instructor: Mary Pat Walker**
Course code: 1110101-1a

Tuesday/Thursday

Time: 9:30 – 10:00 am **Instructor: Mary Pat Walker**
Course code: 1110101-1b

Time: 12:30 - 1:00 pm **Instructor: Mary Pat Walker**
Course code: 1110101-1c

Time: 2:00 - 2:30 pm **Instructor: Patti Harbowy**
Course code: 1110101-1d

SKILL DEVELOPMENT FOR 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.

Monday/Wednesday

Time: 11:00 – 11:30 am **Instructor: Mary Pat Walker**

Course code: 1110102-1a

Tuesday/Thursday

Time: 1:00 – 1:30 pm **Instructor: Patti Harbowy**

Course code: 1110102-1b



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

Monday/Wednesday

Time: 10:00 - 10:30 am **Instructor: Mary Pat Walker**

Course code: 1110103-1a

Tuesday/Thursday

Time: 11:30 - 12:00 pm **Instructor: Mary Pat Walker**

Course code: 1110103-1b

Time: 1:30 – 2:00 pm **Instructor: Patti Harbowy**

Course code: 1110103-1c

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.

Monday/Wednesday

Time: 9:00 – 9:30 am **Instructor: Mary Pat Walker**

Course code: 1110104-1a

Tuesday/Thursday

Time: 2:30 – 3:00 am **Instructor: Patti Harbowy**

Course code: 1110104-1b

OTTER

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

Tuesday/Thursday

Time: 8:30 – 9:00 am **Instructor: Mary Pat Walker**

Course Code: 1110105-1a

Time: 3:30 – 4:00 pm **Instructor: Patti Harbowy**

Course code: 1110105-1b

SEAL

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

Tuesday/Thursday:

Time: 1:00 – 1:30 pm **Instructor: Mary Pat Walker**

Course code: 1110106-1a

Grade School/Jr. High

These American Red Cross progressive programs are for anyone over six years of age. Classes encourage all participants to reach their maximum potential as a swimmer. Kindergarten children may go to preschool or grade school lessons. A minimum of four students must be enrolled in order to conduct the class.

LEVEL 1 - INTRODUCTION TO WATER SKILLS

This class is geared to help students feel comfortable in the water and to enjoy the water safely.

Monday/Wednesday

Time: 6:00 - 6:45 pm **Instructor: Bridgette Reppa**

Course code: 1210101-1a

LEVEL 2 - FUNDAMENTAL AQUATIC SKILLS

This class provides students with opportunities for success in fundamental skills. Front/back floating and front crawl are taught.

Monday/Wednesday

Time: 4:30-5:15 pm **Instructor: Sarah Gregor**

Course Code: 1210102-2a

Tuesday/Thursday

Time: 4:00 – 4:45 pm **Instructor: Patti Harbowy**

Course code: 1210102-1a

LEVEL 3 - STROKE DEVELOPMENT

Continuation of Level 2 skills with an emphasis on front crawl, back crawl and introduction of the butterfly.

Monday/Wednesday

Time: 6:45 – 7:30 pm **Instructor: Bridgette Reppa**

Course Code: 1210103-1a

LEVEL 4 - STROKE IMPROVEMENT

The purpose of this class is to build student confidence and performance of the swimming strokes learned in Level 3 by providing additional practice.

Monday/Wednesday

Time: 5:15 – 6:00 pm **Instructor: Sarah Gregor**

Course Code: 1210104-1b

Tuesday/Thursday

Time: 4:45 – 5:30 pm **Instructor: Patti Harbowy**

Course code: 1210104-1a

LEVEL 5 - STROKE REFINEMENT

This class provides further coordination and refinement of strokes.

Tuesday/Thursday

Time: 5:30 – 6:15 pm **Instructor: Patti Harbowy**

Course code: 1210105-1a

Water Exercise

An aquatic fitness workout is one of the best and easiest ways to improve muscle tone, realize cardiovascular benefits and have fun while doing it. There is no strain on joints and can be more effective than a gym workout in a fraction of the time.

Punch cards are available for all water fitness classes. The card is valid for any class.

Fee: \$8 drop in 5 classes - \$35 10 classes - \$60 15 classes - \$82.50

BEGINNER/INTERMEDIATE

The beginner/intermediate class is held in chest deep water. Participants do not need to have any swimming ability to join in

WATER FIT

Water based fitness classes that incorporates the use of equipment to maximize water resistance in all dimensions of movement, providing full range of motion and increased flexibility. Participants should be comfortable in deep water.

PLEASE CHECK THE MONTHLY FITNESS CALENDAR FOR CLASS TIMES AND INSTRUCTORS.

Kayak Classes

ROLL CLINICS

Want to improve your river skills this winter? Rendezvous River Sports will be teaching rolling clinics in the recreation center pool.

Registration will take place at the recreation center, online or Rendezvous River Sports. You may register for any of the classes listed below.

Monday and Wednesday

Time: 6:00 pm - 9:00 pm

Dates:

Dates: *

*Kids class, 17 & under only.

Fee: \$55 for this class only

Dates: May

Dates: June

Dates: June

Registration begins April 1, registration deadline: Friday before each class Fee: \$90 Min: 3

Other clinics may be offered on a one-on-one basis. Please call Aaron at Rendezvous for details or to set up an appointment. 733-2471.

OPEN POOL

Rendezvous River Sports staff will be available on open pool nights to assist kayakers and answer any questions.

Friday

Time: 6:00 pm - 8:00 pm

Dates: February 1, 8, 15, 22

Dates: March 1, 8, 15,

Fee for open pool: \$8

CPR/First Aid Classes

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.

January 23 | Adult/Child/Infant/AED CPR and First Aid 9:30 am—11:30 am Course code: 1410451-1a

February 12 | Adult/Child/Infant/AED CPR and First Aid 9:30 am—11:30 am Course code: 1410451-1b

February 26 | Adult/Child/Infant/AED CPR and First Aid 9:30 am—11:30 am Course code: 1410451-1c

March 12 | Adult/Child/Infant/AED CPR and First Aid 9:30 am—11:30 am Course code: 1410451-1d

March 27 | Adult/Child/Infant/AED CPR and First Aid 9:30 am—11:30 am Course code: 1410451-1e

March 27 | Adult/Child/Infant/AED CPR and First Aid 1:30 pm-3:30 pm Course code: 1410451-1f

April 9 | Adult/Child/Infant/AED CPR and First Aid 9:30 am-11:30 am Course code: 1410451-1g

April 9 | Adult/Child/Infant/AED CPR and First Aid 9 1:30-3:30pm Course code: 1410451-1h

April 30 | Adult/Child/Infant/AED CPR and First Aid 9:30 am—11:30am Course code: 1410451-1j

April 30 | Adult/Child/Infant/AED CPR and First Aid 1:30 – 3:30 pm Course code: 1410451-1k

May 7 | Adult/Child/Infant/AED CPR and First Aid 9:30 am-11:30 am Course code: 1410451-1l

May 7 | Adult/Child/Infant/AED CPR and First Aid 1:30 pm-3:30 pm Course code: 1410451-2a

May 14 | Adult/Child/Infant/AED CPR and First Aid 9:30 am-11:30 am Course code: 1410451-2b

May 14 | Adult/Child/Infant/AED CPR and First Aid 1:30 pm-3:30 pm Course code: 1410451-2c

May 21 |Adult/Child/Infant/AED CPR and First Aid 9:30 am – 11:30 am Course code: 1410451-2d

May 21 | Adult/Child/Infant/AED CPR and First Aid 1:30 pm-3:30 pm Course code: 1410451-2e

Course fee: \$70

Upon successful completion of the course students will receive a certification valid for two years. Classes will be held at the 4-H extension building, 255 W. Deloney Please be on time; door locks 5 minutes after class begins, no late entries allowed and refunds for tardiness will not be given. No cell phones during class times.

Lifeguard Training

Teton County/Jackson Parks and Recreation Department will be offering an American Red Cross Lifeguard Training Course. This course will certify an individual to become a non-surf lifeguard. Participants must be able to meet or pass all course prerequisites listed below. For more information, contact Chuck Parquet at 732-5760. Fee: \$150 plus Red Cross fees.

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.

COURSE CONTENT INCLUDES:

1. Preventative lifeguarding skills.
2. Steps to minimize or eliminate hazards at an aquatic facility.
3. Rescue techniques including swim assists and use of rescue equipment.
4. Procedures for handling spinal cord injuries.
5. CPR for the professional rescuer.

CERTIFICATION REQUIREMENTS:

Lifeguard and, CPR certification is valid for two years.

1. Successfully complete two written exams with 80% minimum score.
2. Successfully complete final skills test.
3. Successfully perform all critical skills.

Course Dates: TBA

All sessions must be attended for certification. More courses will be added as the need arises. If you are interested please call Chuck at 732-5760 and leave your name and number.

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. For more information call Chuck Parquet, Aquatic Supervisor, at 732-5760.

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.

Front crawl	25 yards
Back crawl	25 yards
Breaststroke	25 yards
Elementary Backstroke	25 yards
Sidestroke	25 yards
Butterfly	15 yards

Maintain position on back one minute in deep water (floating or sculling).

Tread water for one minute.

Course dates: To be determined. Please call 732-5760 if interested in the course. We will schedule a course when there is a minimum of 8 students interested in the class. **All sessions must be attended for certification.** All classes will be held at the recreation center.