



Chester Hills Pool Swimming Lessons

2018

American Red Cross Swimming Lessons

30-45 minute classes

Two (2) week sessions-No Fridays!

\$60

\$50 each for a group of 3 or more



Lesson Sessions:

Monday -Thursday

June 18- June 28

July 9-July 19

July 23-Aug. 2

Aug. 6-Aug. 16

Aug. 20- Aug. 30

Send your form and check to:

Chester Hills Pool
2008 South Balfour Blvd
Spokane Valley, WA
99206

Questions?
Call Shannon @ 953-8518
or 922-1095

Lessons will be Monday-Thursday. Friday will be a make-up day if needed due to weather.

Level 1A For the 3 yr old, water acclimation.

Level 1B Bubbles, floating, cont. acclimation

Level 2 Breath control, front crawl, intro. to backstroke.

Level 3 Retrieve objects, side breathing, backstroke, intro to elem. backstroke.

Level 4 Cont. with the skills from 3 and intro. to breaststroke, sidestroke and treading water.

Level 5 Cont. with skills from 4 and intro. to butterfly, underwater swimming and diving from the board.

Level 6 Cont. with skills from 5 and intro. to turns and surface dives.

Level 7 Increased endurance with continued refinement of strokes and intro to lifesaving.

All classes are in the morning and will be completed by noon. Classes take place between 9:00 and 11:30 am. Level 4 and above are 45 minutes classes, and Levels 1-3 are 30 minute classes. We do our best to keep class sizes small and schedule siblings groups as close to each other as possible. Times will be confirmed Thursday the week prior to your scheduled lesson.

Make Checks Payable To: Chester Pool

Child's Name: _____

Address: _____ Childs Age: _____

Phone: _____ Parent Name: _____

Emergency Contact Person: _____ Phone: _____

Session Requested: _____ Level: _____