



## Chester Hills Pool Swimming Lessons

2019

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 17- June 27

July 8-July 18

July 22-Aug. 1

Aug. 5-Aug. 15

Send your form and check to:

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

Questions?

E-mail  
chesterpoolmembership@gmail.com

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.

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

\*\*\*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: \_\_\_\_\_