

SWIMMING LESSONS!!!

Thanks to Big Sky Resort's Whitewater Inn for the use of their pool! We FINALLY have swimming!!

Also a big thanks to Becky Maicki and Corry Nagashima for their skills, expertise and flexible schedules.

As always, contact Katie Coleman for questions, kcoleman@3rivers.net or 406-995-3194

Session I- June 14- 24 (M-Th) Cost \$90

Session II- June 28-July 8 (M-Th) Cost \$90

Session III- June 28-July 2 **3,4,5 YEAR OLDS ***

Session IV- July 9- August 20 **3.4.5 YEAR OLD FRIDAYS ONLY****

Session V- July 9-August 20 **MOMMIE AND ME FRIDAYS ONLY*****

Session VI- July 12-22 (M-Th) Cost \$90

Session VII- July 26-August 5 (M-Th) Cost \$90

Session VIII- August 9-19 (M-Th) Cost \$90

Session IX- August 23-26 **OPEN POOL!!!!** (M-Th) Cost \$90

Campers must be pre-registered via phone or email as there are limited positions available and we need a certain amount of campers for the program to be successful. Also indicate which time block you are interested in. Time blocks are shown in table at the end of the descriptions. The first day of each session will be an orientation. Campers will meet with the instructors in order to be placed in the appropriate level. We have two instructors available to teach per time block. We will determine what levels are taught each time block after meeting with each child to determine what our numbers and skill levels are. We need a minimum of six children per time block in order for that block to run. Please make certain that you read the description of each level, you may know where your child is before signup.

All sessions for 6 year olds and up are offered Monday- Thursday for two weeks. Classes will be offered during 1 hour blocks beginning at 9:00a.m. to 12:00p.m. Check-in will be on the hour and classes will consist of 30 minutes of instruction concluding with a 15 minute free swim. Please indicate the hour that you are interested in when you pre-register. Cost is \$90 per two-week session.

*Session III- This is a 3 day camp running on Monday, Tuesday and Thursday from 1:00-2:00p.m. Cost \$35

**Session IV- This option allows your child to attend any Friday from 9:00-10:00a.m. that you and your child are interested in. Please pre-register to secure your position and the success of the class. \$12 per Friday

***Session V- This option allows you and your child to attend any Friday from 10:00-11:00a.m. that you and your child are interested in. Please pre-register to secure your position and the success of the class. \$12 per Friday

American Red Cross Swimming

The American Red Cross Swimming and Water Safety program aims to teach people how to be safe in, on, or around water and to teach individuals of different ages and abilities how to swim. The program covers the knowledge and skills necessary to develop safer and better swimmers of all ages. Sessions will be held over two week periods. One session includes eight classes. One class includes 30 minutes of structured lessons and 10-15 minutes of free-swim.

Parent & Child Aquatics

(ages 6+ months with parent)

Familiarizes young children to the water and prepares them to learn to swim in the ARC Preschool Aquatics or Learn-to-Swim courses. It is not designed to teach children to become good swimmers or to survive in water on their own, rather, it gives parents safety information and teaches techniques to help orient their children to the water. The course also provides direction regarding how to supervise water activities in a responsible manner. Topics and skills include:

- *Water adjustment, entry, and exit*
- *Breath control*
- *Buoyancy on front and back*
- *Changing direction*
- *Swimming on front and back*
- *Water safety*

Preschool Aquatics (ages 3-5 yrs)

Level 1 – Orients children to the water and helps them gain basic aquatic skills. (no pre-requisites)

Topics and skills include:

- *Enter and exit water using ladder, steps, or side*
- *Blow bubbles through mouth and nose*
- *Submerge mouth, nose, and eyes*
- *Open eyes underwater to retrieve submerged objects*
- *Front and back glides and recover to a vertical position*
- *Back float and recovery*
- *Tread with arm and hand actions*
- *Alternating and simultaneous leg/arm actions on front and back*

Level 2 – Helps children gain greater independence in their skills and develop more comfort in and around water. (must complete Preschool Aquatics Level 1)

Topics and skills include:

- *Enter water by stepping in*
- *Exit water using ladder, steps, or side*
- *Bobbing*
- *Open eyes underwater to retrieve submerged objects*
- *Front and back floats and glides*
- *Recover from front to back and back to front*
- *Roll from front to back and back to front*
- *Tread water using arm and leg actions*
- *Combined arm and leg actions on front and back*
- *Finning arm action on back*

Level 3 – Helps children start to gain basic swimming propulsive skills to be comfortable in and around water. (must complete Preschool Aquatics

Level 2) Topics and skills include:

- *Enter water by jumping*
- *Fully submerge and hold breath*
- *Bobbing*
- *Front, jellyfish, and tuck floats*
- *Recover from front or back glide to vertical*
- *Back float and glide*
- *Change direction of travel while swimming on front or back*
- *Tread water using arm and leg actions*
- *Combined arm and leg actions on front and back*
- *Finning arm action on back*

Learn To Swim (ages 6+ yrs)

Level 1 – Introduction to Water Skills: Helps participants feel comfortable in the water. (no pre-requisites) Topics and skills include:

- *Enter and exit water using ladder, steps, or side.*
- *Blow bubbles through mouth and nose*
- *Open eyes underwater to retrieve submerged objects*
- *Front and back floats and glides*
- *Recover to vertical position*
- *Roll from front to back and back to front*
- *Tread water using arm and hand actions*
- *Alternating and simultaneous leg/arm actions on front and back*
- *Combined arm and leg actions on front and back*

Level 2 – Fundamental Aquatic Skills: Gives participants success with fundamental skills. (must complete Level 1 or demonstrate ability) Topics and skills include:

- *Enter/exit water by stepping or jumping from side*
- *Fully submerge and hold breath*
- *Bobbing*
- *Open eyes underwater and retrieve submerged objects*
- *Front, jellyfish, and tuck floats*
- *Recover to vertical position*
- *Roll from front to back and back to front*
- *Change direction of travel while swimming on front or back*
- *Tread water using arm and leg actions*
- *Combined arm and leg actions on front and back*

Level 3 – Stroke Development: Builds on the skills in Level 2 additional guided practice in deeper water. (must complete Level 2 or demonstrate ability) Topics and skills include:

- *Enter water by jumping from the side*
- *Bobbing while moving to safety*
- *Rotary breathing*
- *Survival float*
- *Back floats*
- *Change from vertical to horizontal position on front and back*
- *Tread water*
- *Flutter, scissor, dolphin, and breaststroke kicks on front*
- *Front crawl and elementary backstroke*

Level 4 – Stroke Improvement: Develops confidence in the skills learned and improves other aquatic skills. (must complete Level 3 or demonstrate ability) Topics and skills include:

- *Water entries*
- *Swim underwater*
- *Feet first surface dive*
- *Survival swimming*
- *Front crawl and backstroke open turns*
- *Tread water using two different kicks*
- *Front and back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly*
- *Flutter and dolphin kicks on b*

	Monday	Tuesday	Wednesday	Thursday
9:00 – 9:45				
10:00 – 10:45				
11:00 – 11:45				

