

# Group Swim Lesson Information

Hello and welcome to group swim lessons. Group lessons are great for kids to learn social skills, safety and swimming!

## **When:**

3 week sessions, half hour lessons

June 5th-25th, register by May 29th

July 3rd-23rd, register by June 26th

July 31st- August 13th, register by July 24th

Please look at the schedule for specific times.

## **Cost:**

2 days a week: \$150

1 day a week: \$75

## **Contact:**

Aquatics Coordinator Brynne Elozory

303-339-5706

[aquatics@cherrycreekclub.com](mailto:aquatics@cherrycreekclub.com)



# Group Swim Lesson Schedule

## Monday/Wednesday

10:00-10:30	Rusty Crayfish	Beaver
10:30-11:00	Black Carp	Largemouth Bass
11:00-11:30	Northern Water Snake	Western Painted Turtle
11:30-12:00	Rainbow Trout	River Otter

4:00-4:30	Rusty Crayfish	Rainbow Trout
4:30-5:00	Black Carp	Largemouth Bass
5:00-5:30	Northern Water Snake	Western Painted Turtle
5:30-6:00	Beaver	River Otter

## Saturday

9:30-10:00	Northern Water Snake	Beaver
11:00-11:30	Black Carp	River Otter
11:30-12:00	Rainbow Trout	Western Painted Turtle
12:00-12:30	Rusty Crayfish	Largemouth Bass

Maximum: 3
Maximum: 4
Maximum: 8

## Tuesday/Thursday

10:00-10:30	Rainbow Trout	Western Painted Turtle
10:30-11:00	Northern Water Snake	Beaver
11:00-11:30	Black Carp	River Otter
11:30-12:00	Rusty Crayfish	Largemouth Bass

4:00-4:30	Black Carp	Western Painted Turtle
4:30-5:00	Northern Water Snake	Largemouth Bass
5:00-5:30	Rusty Crayfish	Rainbow Trout
5:30-6:00	River Otter	Beaver

## Sunday

9:30-10:00	Rainbow Trout	Largemouth Bass
11:00-11:30	Rusty Crayfish	Beaver
11:30-12:00	Northern Water Snake	Western Painted Turtle
12:00-12:30	Black Carp	River Otter

All classes have a minimum of two students to run. Schedule subject to change. Parent/child Classes are on a different page.

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# Parent/Child lesson Schedule

## Monday's

10:30-11:00 Brassy Minnow  
11:00-11:30 River Otter Pup

3:00-3:30 Brassy Minnow  
3:30-4:00 River Otter Pup

## Tuesday's

9:00-9:30 Brassy Minnow  
9:30-10:00 River Otter Pup

3:00-3:30 River Otter Pup  
3:30-4:00 Brassy Minnow

## Saturday's

10:30-11:00 River Otter Pup  
11:00-11:30 Brassy Minnow

## Sunday's

10:00-10:30 River Otter Pup  
10:30-11:00 Brassy Minnow

**All classes have a minimum of two students to run. Schedule subject to change.  
More advanced group lessons are on a different page.**

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# Swim Lesson Levels

Each of these class names is an animal that you can find in or near the Colorado River.

## **Brassy Minnow Parent/child class level 1**

*Brassy Minnows only grow to about 2½ -3inches long!*

Capacity: 10 kids

Recommended age: 6-12 months old

Child should already be able to: N/A

Objectives:

- To feel comfortable in the water
- To introduce basic skills like kicking and balance
- To enjoy water in a fun learning environment
- To introduce water safety to parents

## **River Otter Pup Parent/child class level 2**

*River otter babies are called pups. A river otter normally has 2-3pups!*

Capacity: 10 kids

Recommended age: 12-24 months old

Child should already be able to:

- Comfortably dunk
- Have taken at least one level 1 class this season or in previous seasons

Objectives:

- To feel comfortable in the water
- To enjoy water in a fun learning environment
- To encourage water independence
- To make purposeful movements in the water like kicking, responding to cues, and blowing bubbles

## **Rusty Crayfish**

*Rusty Crayfish are not native to Colorado.*

Capacity: 3 kids

Recommended age: 2-3 years old

Child should already be able to:

- Listen to directions
- Feels comfortable standing/sitting on the stairs or dock

Objectives:

- To learn assisted front and back floats
- blow bubbles with mouth and nose underwater
- To share toys and socialize appropriately with the group
- Learning about the parts of the pool (jets, skimmer, drain, etc.)



# Swim Lesson Levels

## **Black Carp**

*The biggest carp ever caught was 94 pounds!*

Capacity: 3 kids

Recommended age: 3-5 years old

Child should already be able to:

- Have water poured on their head and not cry
- Be able to float with assistance
- Blow bubbles with mouth and nose

Objectives:

- Unassisted back and front floats
- Rolling over
- Kicking on front and back
- Learning the meaning of the pool depth numbers

## **Rainbow Trout**

*Rainbow trout usually only live to 4 or 6 years old.*

Capacity: 3 kids

Recommended age: 3-5 years old

Child should already be able to:

- Unassisted back and front floats
- Rolling over
- Swim independently for a brief period of time
- Kick on front and back

Objectives:

- Rocket ships for 5ft with kicks
- Beginning to learn back stroke and freestyle
- Jumping into water
- Learning about lifeguard tubes

## **Northern Water Snake**

*Water snakes eat fish and frogs!*

Capacity: 3 kids

Recommended age: 3-5 years old

Child should already be able to:

- Rocket ships for 5ft with kicks
- Beginning to learn back stroke and freestyle

- Jumping into water

Objectives:

- side breathing
- treading water
- swim in deep end without fear
- can swim half a pool length in backstroke and freestyle
- beginning to learn the basics of fly and breast stroke



# Swim Lesson Levels

## Western Painted Turtle

*A group of turtles is called a "bale" of turtles!*

Capacity: 3 kids

Recommended age: 6-12 years old

Child should already be able to:

- Unassisted back and front floats
- Rolling over
- Kick on front and back

Objectives:

- Streamline for 5ft with kicks
- Beginning to learn back stroke and freestyle
- Jumping into water
- Learning about lifeguard tubes

## Largemouth Bass

*Largemouth bass are attracted to the color red!*

Capacity: 4 kids

Recommended age: 6-12 years old

Child should already be able to:

- Rocket ships for 5ft with kicks
- Beginning to learn back stroke and freestyle
- Jumping into water

Objectives:

- side breathing
- treading water
- swim in deep end without fear
- can swim half a pool length in backstroke and freestyle
- beginning to learn the basics of fly and breast stroke

## Beaver

*Beavers are nocturnal, they are awake at night.*

Capacity: 4 kids

Recommended age: 6-12 years old

Child should already be able to:

- side breath
- treading water for 15 seconds
- swim in deep end without fear
- can swim half a pool length in backstroke and freestyle
- beginning to learn the basics of fly and breast stroke

Objectives:

- tread water for 30 sec
- swim a full pool length of freestyle and backstroke
- continue learning skills for fly and breaststroke
- be able to swim freestyle with side breathing for half the pool

## River Otter

*River otters can hold their breath for four minutes!*

Capacity: 8 kids

Recommended age: 6-12 years old

Child should already be able to:

- Understand the general mechanics of each stroke
- Tread water for 1min

Objectives:

- This class is to get children ready for swim team.
- Swim a full length of the pool in all strokes
- Gain additional technique advice and skills on the strokes
- Be able to do a racing start



# Group Swim Lesson Registration Form

Please use one registration form per child.

Name: \_\_\_\_\_ Child's Name: \_\_\_\_\_

Phone/email: \_\_\_\_\_

Child's age: \_\_\_\_\_

Is your child on the membership? \_\_\_ yes \_\_\_ no

Has your child has swim lessons before? \_\_\_ yes \_\_\_ no

What session are you would you like to purchase?

June 5th-25th \_\_\_\_\_

July 3rd-23rd \_\_\_\_\_

July 31st- 13th \_\_\_\_\_

What swim level are you registering for?

Brassy Minnow \_\_\_\_\_

River Otter Pup \_\_\_\_\_

Rusty Crayfish \_\_\_\_\_

Black Carp \_\_\_\_\_

Rainbow Trout \_\_\_\_\_

Northern Water Snake \_\_\_\_\_

Western Painted Turtle \_\_\_\_\_

Largemouth Bass \_\_\_\_\_

Beaver \_\_\_\_\_

River Otter \_\_\_\_\_

May we charge your card on file? \_\_\_ yes \_\_\_ No

