

CHRC 2026 SUMMER 'FIN'TASTIC SWIM

MORNINGS: MONDAY-THURSDAY (INDOOR OR OUTDOOR FROM 9AM-11:30AM)

SESSION	DATES	WEEK 1	WEEK 2	REGISTRATION OPENS @ 1 PM
1	JUNE 1ST-JUNE 10TH	M, T, W, TH, F	M, T, W	APRIL 25TH @12PM
2	JUNE 15TH-JUNE 25TH	M, T, W, TH	M, T, W, TH	JUNE 10TH
3	JUNE 29TH-JULY 9TH	M, T, W, TH	M, T, W, TH	JUNE 25TH
4	JULY 13TH-JULY 23RD	M, T, W, TH	M, T, W, TH	JULY 9TH
5	JULY 27TH-AUGUST 6TH	M, T, W, TH	M, T, W, TH	JULY 23RD

CLASS FEES (BASED OFF OF EIGHT (8) LESSONS):

MEMBERS: \$56

NON-MEMBERS: \$64

AFTERNOONS: MONDAYS AND WEDNESDAYS (INDOOR FROM 12PM-2PM)

SESSION	DATES	WEEK 1	WEEK 2	WEEK 3	REGISTRATION OPENS @ 3 PM
1	JUNE 1ST-JUNE 17TH	M, W	M, W	M, W	APRIL 25TH @12PM
2	JUNE 22ND-JULY 8TH	M, W	M, W	M, W	JUNE 17TH
3	JULY 13TH-JULY 29TH	M, W	M, W	M, W	JULY 8TH

EVENINGS: TUESDAYS AND THURSDAYS (INDOOR FROM 4PM-6PM)

SESSION	DATES	WEEK 1	WEEK 2	WEEK 3	REGISTRATION OPENS @ 7 PM
1	JUNE 2ND-JUNE 18TH	T, TH	T, W	T, TH	APRIL 25TH @12PM
2	JUNE 23RD-JULY 9TH	T, TH	T, TH	T, TH	JUNE 18TH
3	JULY 14TH-JULY 30TH	T, TH	T, TH	T, TH	JULY 9TH

SATURDAYS: INDOOR FROM 9AM-11:30AM

SESSION	DATES	REGISTRATION OPENS @12 PM
1	MAY 30TH-JULY 18TH (NO LESSONS JUNE 13TH OR JULY 4TH)	APRIL 25TH @12PM

CLASS FEES (BASED OFF OF SIX (6) LESSONS):

MEMBERS: \$45

NON-MEMBERS: \$51

**FOR QUESTIONS, CONTACT: [MADIE DURRANT AQUATIC PROGRAMS COORDINATOR](mailto:Madie.Durrant@chparksandrec.ut.gov)
385-533-9519 | [MADIE@CHPARKSANDREC.UT.GOV](mailto:Madie@chparksandrec.ut.gov)**

SWIM LESSON LEVEL GUIDE

MINI FINS:

This is a parent lead class for children ages 6 months-3 years. Participants will learn how to become comfortable in the water.

Parent must be present in the water at ALL times and ALL classes



LITTLE FINS

SWIM SCHOOL 1:

Participants will learn to be comfortable in the water away from a parent. They will also learn bubbles and basic floats on their front and back.

SAFETY SKILL: Ask permission before getting in the water.

MUST BE A MINIMUM OF 3 YEARS OLD

SWIM SCHOOL 2:

Swimmers will continue developing their floats independently as well as learning elementary backstroke and assisted freestyle.

SAFETY SKILL: Put on a lifejacket and kick for

SWIM SCHOOL 3:

Swimmers will become more independent in their backstroke and assisted freestyle. Self-rescue to back floating is learned while jumping in.

SAFETY SKILL: Self-rescue on back.

SWIM SCHOOL 4:

Swimmers will become independent in their freestyle skills and backstroke skills.

NEXT LEVEL IS STROKE SCHOOL 1

SAFETY SKILL: Reach or throw—don't go!



BIG FINS

STROKE SCHOOL 1:

Swimmers in stroke school 1 will take what they learned in swim school and start to add in side breathing and technique. Swimmers will become independent in backstroke.

SAFETY SKILL: Survival float for 30 seconds

STROKE SCHOOL 2:

Swimmers will continue to develop their side breathing and become independent in freestyle. They will also be introduced to dolphin kick.

SAFETY SKILL: Jump into pool and self rescue—then swim 10 feet of backstroke.

STROKE SCHOOL 3:

Swimmers will focus on butterfly and breaststroke in this level and become independent in both strokes. Swimmers will also learn how to tread water.

SAFETY SKILL: Tread water for 30 seconds.

STROKE SCHOOL 4:

Swimmers will go through all 4 strokes in this level and become independent and confident in their swimming skills.

SAFETY SKILL: Call emergency services and ask

CHRC reserves the right to move a PARTICIPANT TO THE CORRECT LEVEL, IF REGISTERED INCORRECTLY.

IF THE CORRECT LEVEL IS FULL, THE PARTICIPANT WILL BE ISSUED A FULL CREDIT FOR A FUTURE CLASS.



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