

CHRC 2025 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 2ND-JUNE 12TH	M, T, W, TH	M, T, W, TH	MAY 17TH @12PM
2	JUNE 16TH-JUNE 27TH NO CLASS JUNE 19TH	M, T, W	M, T, W, TH, F	JUNE 12TH
3	JUNE 30TH-JULY 10TH	M, T, W, TH	M, T, W, TH	JUNE 27TH
4	JULY 14TH-JULY 23RD	M, T, W, TH, F	M, T, TH	JULY 10TH
5	JULY 28TH-AUGUST 7TH	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 2ND-JUNE 18TH	M, W	M, W	M, W	MAY 17TH @12PM
2	JUNE 23RD-JULY 9TH	M, W	M, W	M, W	JUNE 18TH
3	JULY 14TH-JULY 30TH	M, W	M, W	M, W	JULY 9TH

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

SESSION	DATES	WEEK 1	WEEK 2	WEEK 3	REGISTRATION OPENS @ 7 PM
1	JUNE 3RD-JUNE 18TH	T, TH	T, TH	T, W	MAY 17TH @12PM
2	JUNE 24TH-JULY 10TH	T, TH	T, TH	T, TH	JUNE 18TH
3	JULY 15TH-JULY 31ST	T, TH	T, W	T, TH	JULY 10TH

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

MEMBERS: \$45

NON-MEMBERS: \$51

SATURDAYS: (INDOOR FROM 9AM-11AM)

SESSION	DATES	REGISTRATION OPENS @ 12 PM
1	MAY 31ST-JUNE 28TH (NO CLASS JUNE 21ST)	MAY 17TH @12PM
2	JULY 12TH-AUGUST 9TH (NO CLASS JULY 26TH)	JUNE 28TH

CLASS FEES (BASED OFF OF FOUR (4) LESSONS):

MEMBERS: \$30

NON-MEMBERS: \$34

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



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 10 feet to the side of the pool.

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!



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 for help (911).

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.

Cottonwood Heights
Parks & Recreation



FOR QUESTIONS, CONTACT:
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