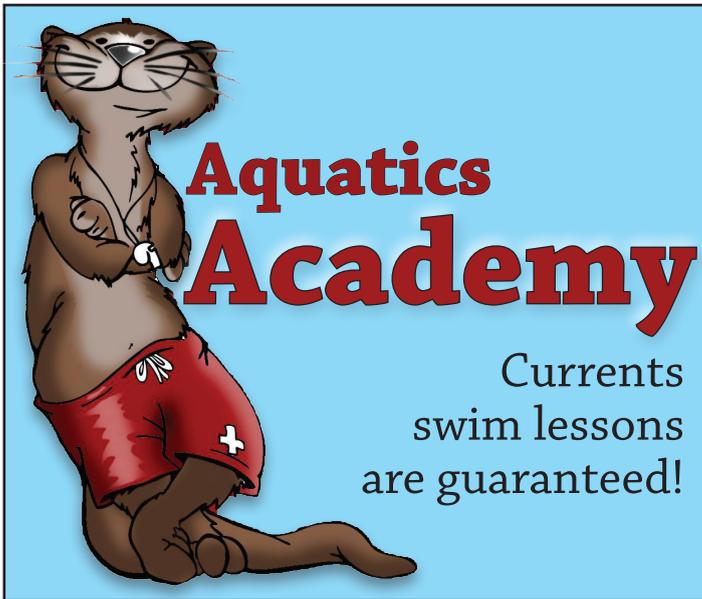


SWIM LESSONS



Aquatics Academy Philosophy and Guarantee

The Learn-to-Swim Program provides high quality, affordable instruction. The shallow water at our facilities provides comfort to those who are just adjusting to the aquatic environment.

Instructors work to provide a playful learning environment so that students look forward to their classes and learn through focused fun. Parents are welcome on deck during lessons, and Lesson Supervisors are available to field any questions or comments.

Parks and Recreation Swim Lessons are guaranteed:

Students, ages 7 & older, will be able to swim 5 yards on their front and 5 yards on their back by the end of the session, or lessons are free until they can.

Choosing Your Child's Class

- Children under 3 should be enrolled in Parent/Child lessons.
- Children ages 3-4 should be enrolled in Preschool.
- Beginners over age 5 should start with Swim School. Program is comparable to American Red Cross Levels 1 – 3.
- More advanced swimmers over age 5 may opt to enroll in Stroke School. Please note that a basic understanding of and ability to perform each stroke you sign up for is expected on the first day of that class.
- Students who have passed at least one stroke school may be ready to try our Swim Squad (pg. 19.)

Beginning and advanced level courses meet at the same time. Many students may need to repeat the course of instruction before progressing from beginning to advanced level.

Call 721-PARK for more information.

Parent-Child School: Ages 6 Months to 3 years

Early introduction to the water helps prepare your child for success in Preschool and Swim School lessons. This program teaches parents the skills needed to introduce a child to the water safely and comfortably.

Preschool: Ages 3 to 5

Playful and nurturing instructors guide preschoolers through the basics of water exploration in a safe and fun manner. Instructors divide classes into students who are willing to put their face in the water and students who need to learn how to put their face in the water. Our instructors will tailor the skills to the needs and abilities of each student.

Swim School: Ages 5 and up

Encouraging and energetic instructors work with students on the basics of swimming and water fitness. Students in these courses will work on skills such as submerging floating gliding and rhythmic breathing. Swim School classes are divided into groups based on their skills on the first day of class. The full course includes three levels: Face and Float School, Glide and Movement School, and Breathing and Development School. Students who complete the Breathing and Development School are ready for course offerings in our Stroke School.

Stroke School: Ages 5 and up

For students who have completed or already possess the skills taught in the Swim School. Focused instructors will take students through basic progressions and development of stroke technique. Students will swim full lengths of the pool (20 yards) while working on learning and refining the selected strokes as well as work on other swim skills such as diving and flip turns. Many students may need to repeat the course of instruction before progressing from beginner to advanced stages. Students that have passed at least one **stroke school may be ready to try our Swim Squad (see 38.)** that have passed at least one stroke school may be ready to try our Swim Squad (see page 19.)

Swim Lesson Pricing

| NUMBER OF CLASSES | 4 | 5 | 6 | 7 | 8 |
|--------------------|---------|---------|---------|---------|------|
| Regular Fee | \$23 | \$28.75 | \$34.50 | \$40.25 | \$46 |
| CityCard Discount | \$18.50 | \$23.50 | \$27.75 | \$32.50 | \$37 |
| Annual Pass Holder | \$17.50 | \$22.00 | \$26.25 | \$30.75 | \$35 |

SWIM LESSONS



Front Crawl / Backstroke • Activity #3130203

| DAYS | DATES | TIME | SECTION | CLASSES | FEE |
|------|-----------------|--------------|---------|---------|---------------------|
| T/Th | Sep 21 - Oct 14 | 5:30-6:10p | 1PM9A | 8 | \$46/37/35 |
| T/Th | Sep 21 - Oct 14 | 6:15-6:55p | 1PM9B | 8 | \$46/37/35 |
| T/Th | Oct 26-Nov18 | 5:30-6:10p | 2PM9A | 7 | \$40.25/32.50/30.75 |
| T/Th | Oct 26-Nov18 | 6:15-6:55p | 2PM9B | 7 | \$40.25/32.50/30.75 |
| T/Th | Nov 30-Dec 16 | 5:30-6:10p | 3PM9A | 6 | \$34.50/27.75/26.25 |
| T/Th | Nov 30-Dec 16 | 6:15-6:55p | 3PM9B | 6 | \$34.50/27.75/26.25 |
| Sat | Oct 9-30 | 10:45-11:25a | 1AM7B | 4 | \$23/18.50/17.50 |

Parent/Child • Activity #3110201

| DAYS | DATES | TIME | SECTION | CLASSES | FEE |
|-------|--------------|------------|---------|---------|------------------|
| Tu/Th | Sep 21-30 | 11-11:30a | 1AM9A1 | 4 | \$23/18.50/17.50 |
| Tu/Th | Sep 21-30 | 5:30-6p | 1PM9A1 | 4 | \$23/18.50/17.50 |
| Tu/Th | Oct 5-14 | 11-11:30a | 1AM9A2 | 4 | \$23/18.50/17.50 |
| Tu/Th | Oct 5-14 | 5:30-6p | 1PM9A2 | 4 | \$23/18.50/17.50 |
| Tu/Th | Oct 26-Nov4 | 11-11:30a | 2AM9A1 | 4 | \$23/18.50/17.50 |
| Tu/Th | Oct 26-Nov4 | 5:30-6p | 2PM9A1 | 4 | \$23/18.50/17.50 |
| Tu/Th | Nov 30-Dec 9 | 11-11:30a | 3AM9A1 | 4 | \$23/18.50/17.50 |
| Tu/Th | Nov 30-Dec 9 | 5:30-6:10p | 3PM9A1 | 4 | \$23/18.50/17.50 |

Butterfly/Breaststroke • Activity #3130205

| DAYS | DATES | TIME | SECTION | CLASSES | FEE |
|------|--------------|------------|---------|---------|---------------------|
| T/Th | Oct 26-Nov18 | 6:15-6:55p | 2PM9 | 7 | \$40.25/32.50/30.75 |

Private Swim Lessons

Private lessons are scheduled on an individual basis and geared to meet your swimmer's specific needs.

Email CurrentsSwimLessons@ci.missoula.mt.us, phone 721-PARK, or stop by Currents to request small-group or individual private lessons. Lessons are 30 minutes. We recommend a series of four lessons or more, 1-2 times per week.

Pricing - 30-minute sessions

\$20 1-on1 lessons \$25 Semi-private lessons (2 students/instructor)
\$30 Small group (3-5 students/instructor)

Preschool • Activity #3120202

| DAYS | DATES | TIME | SECTION | CLASSES | FEE |
|------|-----------------|------------|---------|---------|---------------------|
| M/W | Sep 20 - Oct 13 | 11-11:40a | 1AM8 | 8 | \$46/37/35 |
| T/Th | Sep 21 - Oct 14 | 11-11:40a | 1AM9 | 8 | \$46/37/35 |
| T/Th | Sep 21 - Oct 14 | 5:30-6:10p | 1PM9A | 8 | \$46/37/35 |
| T/Th | Sep 21 - Oct 14 | 6:15-6:55p | 1PM9B | 8 | \$46/37/35 |
| M/W | Oct 25-Nov17 | 11-11:40a | 2AM8 | 8 | \$46/37/35 |
| T/Th | Oct 26-Nov18 | 11-11:40a | 2AM9 | 7* | \$40.25/32.50/30.75 |
| T/Th | Oct 26-Nov18 | 5:30-6:10p | 2PM9A | 7* | \$40.25/32.50/30.75 |
| T/Th | Oct 26-Nov18 | 6:15-6:55p | 2PM9B | 7* | \$40.25/32.50/30.75 |
| M/W | Nov 29-Dec 15 | 11-11:40a | 3AM8 | 6 | \$34.50/27.75/26.25 |
| T/Th | Nov 30-Dec 16 | 11-11:40a | 3AM9 | 6 | \$34.50/27.75/26.25 |
| T/Th | Nov 30-Dec 16 | 5:30-6:10p | 3PM9A | 6 | \$34.50/27.75/26.25 |
| T/Th | Nov 30-Dec 16 | 6:15-6:55p | 3PM9B | 6 | \$34.50/27.75/26.25 |
| Sat | Oct 9-30 | 10-10:40a | 1AM7 | 4 | \$23/18.50/17.50 |

Swim School • Activity #3130203

| DAYS | DATES | TIME | SECTION | CLASSES | FEE |
|------|-----------------|--------------|---------|---------|---------------------|
| T/Th | Sep 21 - Oct 14 | 5:30-6:10p | 1PM9A | 8 | \$46/37/35 |
| T/Th | Sep 21 - Oct 14 | 6:15-6:55p | 1PM9B | 8 | \$46/37/35 |
| T/Th | Oct 26-Nov18 | 5:30-6:10p | 2PM9A | 7 | \$40.25/32.50/30.75 |
| T/Th | Oct 26-Nov18 | 6:15-6:55p | 2PM9B | 7 | \$40.25/32.50/30.75 |
| T/Th | Nov 30-Dec 16 | 5:30-6:10p | 3PM9A | 6 | \$34.50/27.75/26.25 |
| T/Th | Nov 30-Dec 16 | 6:15-6:55p | 3PM9B | 6 | \$34.50/27.75/26.25 |
| Sat | Oct 9-30 | 10-10:40a | 1AM7A | 4 | \$23/18.50/17.50 |
| Sat | Oct 9-30 | 10:45-11:25a | 1AM7B | 4 | \$23/18.50/17.50 |

Swim Squad - Ages 6+

Swim Squad is designed for kids who can swim the length of the pool without stopping, and are looking for new challenges in the water. The Squad is a great introduction to competitive swimming. Children will improve their swimming skills, learn turns, how to read a pace clock and build endurance while gaining the benefit and experience of a team environment. Our mission is to prepare kids for lifetime of active water enjoyment. Attend at least 10 practices to earn a swim squad t-shirt!

For: Youth who have completed and passed at least one introductory level Stroke School course (Front/Back Crawl or Breast/Fly) through Parks and Recreation, or are capable of swimming at least 20 yards Front Crawl and 20 yards Back Crawl without stopping for rest.

Swim Squad Practice Sessions • Activity #3130209

| | |
|----------|--|
| Dates | Sep 21 – Dec 16 *no practice Nov 25 |
| Day/Time | Tuesdays and Thursdays, 4 - 5 pm |
| Ages | 6 + |
| Fee | 10-practice card \$35/28 with CityCard |
| | 20-practice card \$60/48 with CityCard |

Lifeguard/WSI Classes

Water Park Lifeguarding/First Aid & CPR/AED for the Professional Rescuer

To be eligible for this course, candidates must be 15 years of age on or before the final day of class. Candidates must also be able to complete and possess the following swim prerequisites:

- Swim 300 yd. continuously using front crawl or breaststroke.
- Swim 20 yd. using front crawl or breaststroke, surface dive to a depth of 8.5 feet and retrieve a 10 lb. brick.
- Maturity and self-control

Successful participants receive national American Red Cross certification in Water Park Lifeguarding/First Aid & CPR/AED for the Professional Rescuer.

At Currents Aquatics Center. Fee: \$70 (Sorry, no CityCard discount.) Register for this course with Parks and Recreation. You'll receive email instructions to complete blended learning course materials through the Red Cross prior to the start of the class. Books may be checked out from the front desk of Currents for the duration of the class.

| DAYS | DATES | TIME | ACTIVITY # | SECTION # |
|---------|-----------|-----------------------------------|------------|-----------|
| Mon-Sat | Sep 13-18 | M-F: 5:30-9 pm Sat: 8 am-12 pm | 3151700 | 1EVE8-A |

American Red Cross Water Safety Instructor

To be eligible for this course, candidates must be 16 years of age on or before the final day of class, and must possess and display maturity and self-control. Candidates must also be able to demonstrate skills that meet at least American Red Cross Learn-to-Swim Level 4 performance criteria during the pre-course session (first day scheduled.)

A course book will be provided when payment is received. Books should be reviewed before the class begins. Successful participants will receive the Water Safety Instructor Certificate which recognizes them as possessing the tools to teach course offerings within the American Red Cross Learn-to-Swim and Water Safety programs.

Fee: \$140 + \$35 American Red Cross fee. (Sorry, no discounts available.) Register for this course with Parks and Recreation. You'll receive email instructions to complete blended learning course materials through the Red Cross prior to the start of the class.

| DAYS | DATES | TIME | ACTIVITY # | SECTION # |
|------|-------|------|------------|-----------|
| TBD* | TBD* | TBD* | 3152100 | 1EVE8 |

Email us for notifications about this class: parksrec@ci.missoula.mt.us.



Aquatics and Recreation Grants For Seniors!

Share *the* Fun

- Share The Fun Recreation Grants help low-income seniors, individuals with disabilities and families sign up for aquatics passes, swim lessons, recreation programs, outdoor adventures and much more!
- Visit missoulaparks.org or stop by Currents Aquatics Center to apply today.
- Share The Fun by donating when registering for any program, or give us a call at 721-PARK to donate.
- 100% of your donation goes directly to fund a program fees for those needing financial assistance. No gift is too small!
- Donations to Share The Fun are tax-deductible.
- Parks & Recreation is committed to serving residents of all economic levels in our community so that they may participate and enjoy the many benefits of active recreation.