

Colusa Parks and Community Services

2010 Swim Lessons



American Red Cross Trained Instructors

Private Lessons maybe available upon request call 458-2590 after June 5th
For more information

Level 1-Water Exploration

4 years+ - Children must be able to enter the pool using stairs and independently stand in 2 feet of water. Participants will learn to become comfortable in water and to enjoy the water safely. Front and back floating will be taught.

Level 2- Beginners

4 years+ - Children must be able to enter 2-3 feet of water by themselves. Non-swimmers classes with emphasis on water adjustment, front glide, back glide, crawl stroke and personal water safety.

Level 3- Intermediate Beginners

6 years + - Children must be able to swim the length of the pool in 4-8 feet of water by themselves. Emphasis will be on correct breathing with crawl stroke. Introduction of elementary backstroke, deep water swimming and treading water.

Session I -June 14-June 25

Session II -July 12-July 23

Fees

\$35 City Residents

\$43 Non-City Residents

Classes are approximately 25 minutes
Monday -Friday

Junior Lifesaving

Students must complete Level 3 prior to taking this course. Participants will learn Basic Water Rescues, improve their swimming skills, and learn what it takes to be a professional lifeguard.

Classes

June 16-18 & July 21-23

Wed, Thu & Friday 10-12 Noon

The cost is \$50 for City residents

\$58 for non-City residents

Level I- June 16-18 & July 21-23

Level II-July 21-23 (in conjunction with Level I)

Registration taken until classes are filled. You may only sign up for one session for the summer unless space is available one week prior to a new session beginning. Register at City Hall, 425 Webster St. Call 458-5622 ext 101 for more details.