



KVMP SWIMMING LESSON PROGRAM

FALL 2021- SPRING 2022

About our lessons

The American Red Cross Learn-to-Swim program is a logical, six-level progression that helps students of varying ages and abilities develop their swimming and water safety skills. It is designed to give participants a positive learning experience.

Classes with less than four (4) participants may be combined with other lesson groups or cancelled.

Things to remember when registering

- The last day to register is the FRIDAY before the week lessons begin.
- Classes can fill quickly, please register as soon as possible.
- Full payment is required at the time of registration.
- Classes are subject to change due to registration numbers and staff availability.

Questions: Give us a call at 509-962-7210

FEES: In-City Limits Out-City Limits

30 Min Lessons \$35.20 \$46.40



**Swimming Lessons
Saves Lives!**

**Increase
Confidence!**

Meet New Friends!

Great Exercise!

A Skill For Life!

Kittitas Valley Healthcare (KVH) Swim Safety Program

In an effort to promote and enhance water safety in the Kittitas Valley community, KVH is partnering with the Ellensburg Parks & Recreation Department. They will be sponsoring local youth for introductory Level 1 lessons. The program is on a "first come-first served" basis for Level 1 only. Participants can only register for one class at a time per session. In-person registration is required.



Monday & Wednesday

Fall 1: September 27 - October 20 (8 lessons)

Fall 2: October 25 - November 17 (8 lessons)

Winter 1: January 10 - February 2 (7 lessons*)

Winter 2: February 7 - March 2 (7 lessons*)

Spring 1: April 4 - April 27 (8 lessons)

Spring 2: May 2 - May 25 (8 lessons)

**Lessons reduced due to holiday*

3:30pm	Level 1 (3+), 2, 4
4:05pm	Level 1 (3+), 3, Parent-Child (6mos +)
4:40pm	Level 1 (3+), 2, 5/6
5:15pm	Level 1 (3+), 2, 3
5:50pm	Level 1 (3+), 2, 3

Tuesday & Thursday

Fall 1: September 28 - October 21 (8 lessons)

Fall 2: October 26 - November 18 (8 lessons)

Winter 1: January 11 - February 3 (8 lessons)

Winter 2: February 8 - March 3 (8 lessons)

Spring 1: April 5 - April 28 (8 lessons)

Spring 2: May 3 - May 26 (8 lessons)

**Lessons reduced due to holiday*

3:30pm	Level 1 (3+), 2, 6/Pre-Competition
4:05pm	Level 1 (3+), 2, Parent-Child (6mos+)
4:40pm	Level 1 (3+), 3, 4/5
5:15pm	Level 1 (3+), 2, 3
5:50pm	Level 1, 2, Parent-Child (6mos+)

Saturday Only

Fall 2021: October 2 - November 20 (8 lessons)

Winter 2022: January 15 - March 5 (8 lessons)

Spring 2022: April 9 - May 21 (7 lessons*)

**Lessons reduced due to holiday*

9:00am	Level 1 (3+), 2, 3
9:35am	Level 1 (3+), , Parent-Child (6mos+), Adult/Teen

American Red Cross Learn-to-Swim Levels

Parent & Child (6 mos-3+ yrs): Familiarize children with water and learn swimming readiness skills.

Level 1: Introduction to Water Skills: Orientation to the aquatic environment and help gain basic aquatic skills. Students must be 3 years of age or older to participate in Level 1 and higher.

Level 1 lessons require IN-PERSON registration as part of the Kittitas Healthcare Swim Safety Program.

Level 2: Fundamental Aquatic Skills: Build on the basic aquatic skills and water safety skills/concepts learned in Level 1 and be able to do these skills independently.

Level 3: Stroke Development: Build on skills learned in Level 1 & 2 to help achieve basic water competency (crawl stroke, elementary backstroke, swim kicks and rotary breathing).

Level 4: Stroke Improvement: Improve participants' proficiency in performing the swimming strokes that were introduced in Level 3 (front crawl, elementary backstroke, breaststroke, backstroke, underwater swim).

Level 5: Stroke Refinement: Refine the performance of all six (6) swimming strokes (front crawl, back crawl, butterfly, breaststroke, elem. Backstroke, backstroke, and side stroke).

Level 6: Swimming & Stroke Proficiency: Refine strokes in order to swim with greater efficiency and effectiveness over longer distances.

Pre-Swim Team: Ideal for those kids wanting to try out for swim team. This class involved being coached from the side and learning the basics of what you will need to know and what it feels like to be on swim team.

Adult & Teen (13+ yrs): Teach skills and concepts needed to stay safe in, on and around the water.

REGISTRATION START DATES: Fall = September 13th Winter = December 13th Spring = March 14th

Summer lesson sessions will be listed separately. Registration will begin the first Monday in June.