



# KVMP SWIMMING LESSON PROGRAM

**FALL \* WINTER \* SPRING \* 2025-2026**

## 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.
- Registration can be done online and in-person.
- 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.
- Repeating levels is common.

## HOPESOURCE SCHOLARSHIPS:

Scholarships can help children participate in a variety of programs. It's easy to apply. Find out how you might qualify for financial assistance by contacting HopeSource , 509-925-1448, [www.hopesource.us/youth-scholarships](http://www.hopesource.us/youth-scholarships).

### Fees:

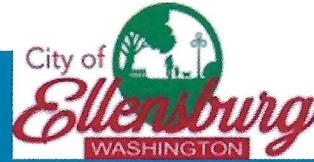
30 Min Lessons  
8 lessons / 7 lessons

### In-City Limits

\$42.40 (8)  
\$37.10 (7)

### Out-City Limits

\$55.60 (8)  
\$48.65 (7)



**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:** Oct 13-Nov 5 (8 lessons)

**Fall 2:** Nov 10-Dec 3 (7 lessons)

**Winter 1:** Jan 12-Feb 4 (7 lessons)

**Winter 2:** Feb 9-March 4 (7 lessons)

**Spring 1:** April 6-April 29 (8 lessons)

**Spring 2:** May 4– May 27 (7 lessons)

3:30pm	Level 1, Level 2 (small pool only)
4:05pm	Level 1, Level 2 (small pool only)
4:40pm	Level 1, Level 2, Level 3, Parent/Child
5:15pm	Level 1, Level 2, Level 3, Level 4
5:50pm	Level 1, Level 2, Level 3, Parent/Child
6:25pm	Level 1, Level 2, Level 3, Adult/Teen

## Tuesday & Thursday

**Fall 1:** Oct 14-Nov 6 (7 lessons)

**Fall 2:** Nov 11-Dec 4 (7 lessons)

**Winter 1:** Jan 13-Feb 5 (8 lessons)

**Winter 2:** Feb 10-March 5 (8 lessons)

**Spring 1:** April 7-April 30 (8 lessons)

**Spring 2:** May 5-May 28 (8 lessons)

3:30pm	Level 1, Level 2 (small pool only)
4:05pm	Level 1, Level 2 (small pool only)
4:40pm	Level 1, Level 1, Level 2
5:15pm	Level 1, Level 2, Level 3, Level 4
5:50pm	Level 1, Level 2, Level 3, Parent/Child
6:25pm	Level 1, Level 2, Level 3, Level 5/6

## Saturday Only

**Fall:** Oct 18-Dec 6 (7 lessons)

**Winter:** Jan 17-March 7 (8 lessons)

**Spring:** April 11-June 6 (8 lessons)

8:25am	Level 1, Level 2 (small pool only)
9:00am	Level 1, Level 2, Level 4/5, Adult/Teen
9:30am	Level 1, Level 2, Level 3, Parent Child



Scan here to go to our  
online registration!

Updated 10/02/25

**REGISTRATIONS WILL BEGIN at 7:00am:**

**Fall 2025 = September 9    Winter 2026 = December 9    Spring 2026 = March 10**  
*The last day to register for a session, provided there is space, is by 5pm the Friday BEFORE the session begins.*

## 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 Valley 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, elementary backstroke, and side stroke).

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

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

Summer lesson sessions will be listed separately. Schedule and registration dates will be available at the end of May.