

2017 GFHS Swim Education Program & More

Pool location:
19th St. & 5th Ave. South
Mailing address:
1900 2nd Ave. South
Great Falls, MT 59405

June 12 to Aug 3



Call for more information
Bob Stingley
Pool Manager
bob_stingley@gfps.k12.mt.us
(406) 268-6281

Julie Anderson
Swim Lesson Supervisor
julie_anderson@gfps.k12.mt.us
(406) 268-6266

GFHS Summer Swim Hours & Prices

LAP SWIM – Last Day August 4th

Mon. – Fri. 6:00–7:30 AM; 12:00–1:00 PM

SUMMER PASS \$60 SINGLE PASS \$3.00

AQUA EXERCISE CLASS -

\$45 Summer Session: June 12th – July 27th
Tues. & Thurs. 7:30–8:30 PM

OPEN SWIM - Last Day Aug 4th

Day times: Mon., Wed & Fri. 1:00 – 3:45 PM

Tues. & Thurs. 1:00 – 2:45 PM

Evenings: Mon. & Wed. 7:30 – 8:45 PM

ADULTS: \$3.00 CHILD: \$2.00

1 CHILD 5 & UNDER FREE W/ADULT

Pool Rentals

Available for birthday parties & other functions. For more information, call the pool manager at 268-6281.

SWIM LESSONS –Last Day Aug. 3

Mon–Thurs 9:00 AM–12:30 PM; 6–7:30 PM

June 12th –June 29th, July 3rd –20th,

& July 24th–Aug 3rd

Last session is Morning Only

Swim Lesson

Registration Required in Person

from 4-7 P.M.

May 22nd – May 25th

May 29th – June 1st

June 5th – 7th

at **Great Falls High Pool**

19th St. & 5th Ave. South

The lessons go every 30 minutes. A new class every 30 minutes, starting at 9. 9-9:30, 9:30-10, ect. Session One and Session Two go for 3 weeks, Monday thru Thursday. Session 3 is mornings only 45 minutes starting at 9 for 2 weeks.

*Session One:

June 12th to June 29th

Mon., Tues., Wed., & Thurs.

*Morning Time Slots:

9-9:30; 9:30-10; 10-10:30; 10:30-11;

11-11:30; 11:30-12;

*Evening Time Slots:

6-6:30; 6:30-7; 7-7:30

Water Babies Sessions @ 12-12:30 & 7-7:30.

Adult lessons, Special Needs @ 12 or 12:30 only.

*Session Two:

July 3rd to July 20th

Monday Through Thursday

Same as Session One time slots

*Session Three:

July 24th to Aug 3rd

Monday Through Thursday

2 weeks 45 minute lessons

*Morning Time Slots Only:

9-9:45; 9:45-10:30; 10:30-11:15; 11:15-12

NO EVENING CLASSES

DURING SESSSION THREE!

CLOSED JULY 4th

Cash Refunds: Will be given only for verified medical reasons. PAID NOT PD
(FILL ONE OUT FOR EACH CHILD) Invoice # _____ Check # _____

Student's Name _____ Age _____

Parent/Guardian _____ Address _____

Home Phone: _____ Work: _____ Cell: _____

Email address: _____

Any Medical or Physical Limitations/conditions? _____

Session: 1- (6/12-6/29) , Session 2- (7/3-7/20) Session 3- (7/24-8/3)

Time of Lesson: _____ Level: 1 , 2 , 3 , 4 , 5 , 6 , 7 ,

Adult, Water Babies, Special Needs: (circle appropriate level)

\$55 - 5 years old & up; \$60 - 4 years old & under; \$60- Students with Special needs

Swim Lesson Cost:

Session 1 & 2:

Mon., Tues., Wed., & Thurs.
3 weeks - 12 days
30 minutes per lessons

Session 3

Mon., Tues., Wed., & Thurs.
2 weeks - 8 days
45 minutes per lessons
\$55 - 5 years old & up;
\$60 - 4 years old & under;
\$60- Students with Special needs

PARENTS, PLEASE:

1. **Stay in the bleachers, Let instructors be the teachers!**
2. **Be positive! Encourage your child! Focus on what the children can do, say good job to even simple successes.**
3. **Level 2 & 3 are hardest classes to pass!**
4. Classes may be subject to change as the need occurs and other classes fill up.
5. Understand that your child may regress without practice.
6. On occasion, we have found young children may need additional attention in a smaller class with adult participation. Young children & parent will then have the option of transferring to the 12:00 session on the request of the instructor to participate in the Water Babies' class.
7. We may move your child up or down a level to meet their needs.

SWIM LEVEL DESCRIPTIONS

WATER BABIES: 3 & under will develop comfort level in water with security of the parent. Basic skills: bubble blowing, getting faces wet, arm & leg movement; underwater exploration, sing songs & play with water toys.

LEVEL ONE: 3+ (Student must be able to hold on to side of pool without assistance & not cry hysterically). Basic skills with support: bubble blowing, floating, kicking, gliding, arm pull, moving in pool, safely enter & exit water, & water safety. **Demonstrate very little support & follow directions to pass to Level 2.**

LEVEL TWO: 4+. Must be comfortable in water but still need some support while swimming. Basic skills: bubble blowing, bobbing, floating, kicking, streamline, 10 yards front crawl, 10 yards elementary backstroke. Introduce backstroke, water safety. **Demonstrate skills with no support for 10 feet to pass Level 2.**

LEVEL THREE: 4+. Refine skills from LEVEL 2. Basic skills: streamline 3 feet with face in water; 15 yards: front crawl breathing to side, elementary backstroke, regular backstroke, Introduce: sidestroke & breast stroke; kneeling dive, dive to get object from bottom of 4 feet, & water safety. **Strong skills, swim across short pool with no support & breathe properly to pass to Level 3.**

LEVEL FOUR: Refine skills from LEVEL 3. Focus on stroke improvement swimming 1 full length of pool with proper breathing of front crawl, elementary back, backstroke, sidestroke & breast stroke, standing dive, stride jump, treading water, retrieve object off bottom in 5+feet, water safety & basic rescue skills. **Strong skills to pass to Level 4.**

!SWIM LESSONS ARE THE SECRET TO SAFETY!

LEVEL FIVE: Refine skills from LEVEL 4. Focus on stroke improvement & endurance; swimming 2 full lengths of the pool. Introduce: butterfly, swimming underwater, open turns, dive from diving board, compact jump, water safety & basic rescue. **Strong skills to pass level 5.**

LEVEL SIX: Refine skills from LEVEL 5. Focus on skill proficiency & swimming 4 full lengths of the pool. New skills: breaststroke pullout, flip turns, 3-step approach on diving board, water safety & basic rescue. **Strong skills to pass level 6.** Try swim team!

LEVEL SEVEN: Refine skills from LEVEL 6. Focus on endurance, proficiency, & swimming 8 full lengths of the pool without stopping. 500 yards (20 laps) swim, backstroke flip turn, springboard dive with approach, retrieve brick 10+ feet to pass level 7. Water safety & Beginner skills for lifeguard class. Try swim team!

SPECIAL CLASSES

SPECIAL NEEDS SWIM CLASSES:

Class will focus on individual assistance with those with special needs. Child will receive one-on-one assistance or small group instruction. Child will advance at own pace & ability level.

ADULT SWIM CLASSES: YOU ARE NEVER TOO OLD TO LEARN HOW TO SWIM!! Class will focus on individual assistance. Adult will receive one-on-one assistance or small group instruction. You will advance at own pace & ability level.



WHY TAKE SWIM LESSONS?

1. According National Director of Swim America, it takes 2-3 years of swim lessons for the average 3 year old or older to be safe in & around the water.
2. Safe Kids Worldwide says drowning is the 2nd-leading cause of accidental death among children between ages of 1 & 14 with 60% of drowning happening to children under age 5.
3. Statistics show drowning is the 2nd leading cause of death nationwide for teenage boys.
4. Most parents are completely unaware of the need for swim lessons. Experts agree that learning to swim 300 yards (12 laps) of freestyle is a strong marker of a swimmer's safety in & around water.

BRING YOUR OWN GOGGLES!

Buy swim goggles that fit comfortably around eye socket.

PREPARATION FOR SWIM LESSONS

To address fears and concerns:

1. Observe our classes.
2. Learn some basic techniques that you can begin teaching your child until he or she is ready for a more formal lesson.
3. Visit the pool often. Gradual exposure to the water will avoid the development of fear & having to overcome that fear.
4. Start your child in swim lesson at an early age.