

# CHRC 2025 SPRING 'FINTASTIC' SWIM LESSONS

All registrations for the CHRC Swim Lesson program include six (6), thirty (30)-minute classes. Further information for class descriptions, times, and registration can be found at [chparksandrecUT.gov](http://chparksandrecUT.gov)

## MORNINGS—Tuesdays and Thursdays between 11am-12:15pm

DATES	WEEK 1	WEEK 2	WEEK 3	REGISTRATION OPENS @ 8 PM
March 11th—March 27th	T / TH	T / TH	T / TH	MARCH 6th
APRIL 1st—APRIL 24th (NO LESSONS April 8th AND April 10th)	T / TH	T / TH	T / TH	MARCH 27th
APRIL 29th—MAY 15th	T / TH	T / TH	T / TH	APRIL 24th

## EVENINGS—Tuesdays & Thursdays between 5:45pm-7:15pm

DATES	WEEK 1	WEEK 2	WEEK 3	REGISTRATION OPENS @ 8 PM
March 11th—March 27th	T / TH	T / TH	T / TH	MARCH 6th
APRIL 1st—APRIL 24th (NO LESSONS April 8th AND April 10th)	T / TH	T / TH	T / TH	MARCH 27th
APRIL 29th—MAY 15th	T / TH	T / TH	T / TH	APRIL 24th

### Class Fees (based off of six (6) lessons)

Members: \$45

Non-Members: \$51

All registrations for the CHRC Swim Lesson program include five (5), forty (40)-minute classes. Further information for class descriptions, times, and registration can be found at [chparksandrecUT.gov](http://chparksandrecUT.gov)

## SATURDAYS—Saturdays between 9am-11am

DATES	REGISTRATION OPENS @ 12 PM
APRIL 19th—MAY 17th	MARCH 22nd

### Class Fees (based off of five (5) lessons)

Members: \$45

Non-Members: \$51

### Interested in more?

Please scan the QR code below or visit our website [www.chparksandrecUT.gov](http://www.chparksandrecUT.gov) for more info!



**Cottonwood Heights**  
Parks & Recreation

### Questions?

**Madie Durrant**  
Aquatic Program Coordinator  
385-533-9519  
[madie@chparksandrecUT.gov](mailto:madie@chparksandrecUT.gov)

# SWIM LESSON LEVEL GUIDE

## MINI FINNS:

This is a parent lead class for children ages 6 months-3 years. Participants will learn how to become comfortable in the water.

**\*Parent must be present in the water at ALL times and ALL classes\***



## **LITTLE FINNS**

### SWIM SCHOOL 1:

Participants will learn to be comfortable in the water away from a parent. They will also learn bubbles and basic floats on their front and back.

**SAFETY SKILL: Ask permission before getting in the water.**

**MUST BE A MINIMUM OF 3 YEARS OLD**

### SWIM SCHOOL 2:

Swimmers will continue developing their floats independently as well as learning elementary backstroke and assisted freestyle.

**SAFETY SKILL: Put on a lifejacket and kick for 10 feet to the side of the pool.**

### SWIM SCHOOL 3:

Swimmers will become more independent in their backstroke and assisted freestyle. Self-rescue to back floating is learned while jumping in.

**SAFETY SKILL: Self-rescue on back.**

### SWIM SCHOOL 4:

Swimmers will become independent in their freestyle skills and backstroke skills.

**\*NEXT LEVEL IS STROKE SCHOOL 1\***

**SAFETY SKILL: Reach or throw—don't go!**



## **BIG FINNS**



### STROKE SCHOOL 1:

Swimmers in stroke school 1 will take what they learned in swim school and start to add in side breathing and technique. Swimmers will become independent in backstroke.

**SAFETY SKILL: Survival float for 30 seconds**

### STROKE SCHOOL 2:

Swimmers will continue to develop their side breathing and become independent in freestyle. They will also be introduced to dolphin kick.

**SAFETY SKILL: Jump into pool and self rescue—then swim 10 feet of backstroke.**

### STROKE SCHOOL 3:

Swimmers will focus on butterfly and breaststroke in this level and become independent in both strokes. Swimmers will also learn how to tread water.

**SAFETY SKILL: Tread water for 30 seconds.**

### STROKE SCHOOL 4:

Swimmers will go through all 4 strokes in this level and become independent and confident in their swimming skills.

**SAFETY SKILL: Call emergency services and ask for help (911).**

***CHRC reserves the right to move a participant to the correct level, if registered incorrectly. If the correct level is full, the participant will be issued a full credit for a future class.***

***Participants may only be registered for one level at a time per session.***

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**For questions, contact:**  
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