

# Swim Lesson Information



Parent and Toddler	For children ages 6-months to 3 years old. Instructors work with parents and toddlers on building the foundations of swimming and aquatic safety.
Swim School	Classes focus on basic swimming skills. Each class builds on the next, preparing students to move self-sufficiently through the water. Classes also focus on safety in aquatic environments Sign me up for this level if I am:
—White	Afraid of water. Will not put face in—cannot swim.
—Red	Comfortable in the water. Will jump in water over their head.
—Yellow	Able to back-float and front-float without help after jumping in.
—Blue	Able to swim 20 feet with occasional breaths
—Green	Able to tread water for 15 seconds. Can swim and breath on one side.
Stroke School	After completing swim school, students can sign up to learn the 4 competitive strokes. Strokes are learned in order: Freestyle, Backstroke, Butterfly, and Breaststroke

## NEW!!! Parent/Child Swim classes!

Parents—work one on one with your child! Instructors will teach the class as normal, but you will work on the skills with your child. This is a great opportunity for children who may be hesitant to work with a teacher, or parents who would like more hands on learning time for their children.

Head Lifeguards are on-hand for level assessments at any time!!!  
If you have never taken lessons before, please ask a head guard for a  
Free Swim Test!

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