



## Choosing the right swim class

Lessons are tailored to each child's age and ability. While kids of different ages may learn similar skills, we adjust our teaching methods to match their maturity and comprehension. This customized approach allows us to present new skills in a way that clicks for 5-year-olds, 7-year-olds, and every age in between! Our goal is to maximize the effectiveness of every lesson and help each student thrive.

- Under 3 should be enrolled in Parent/Child class.
- Ages 3-4 should be enrolled in Preschool. Pre-K five-year-olds or those who haven't taken swim lessons are encouraged to start in Preschool.
- Beginners over age 5 should start with Swim School. Program is comparable to American Red Cross Levels 1 – 3.
- More advanced swimmers over age 5 may opt to enroll in Stroke School. A basic understanding of and ability to perform each stroke for at least 10 yards is expected on the first day of class.
- Students who have passed at least one stroke school may be ready to try Swim Squad (pg 18.)
- Various age groups and levels meet at the same time. Most students will need to repeat the course of instruction before progressing from beginning to advanced levels within their age group. Call 721-PARK for more information.

### Currents swim lessons are guaranteed!

Kids ages 7+ will be able to swim 5 yards on their front and back by the end of the session, or lessons are FREE until they can!

Parents are welcome on deck, lesson supervisors are available to field your questions.

## Swim Lesson Pricing

Fee per session based on number of classes.

NUMBER OF CLASSES	4	6	7	8
Regular Fee	\$27	\$40.50	\$47.25	\$54
CityCard Discount	\$22	\$33	\$38.50	\$44
Annual Pass Holder	\$21	\$31.50	\$36.75	\$42

## Group Swim Lesson Registration Dates

To ensure greater access for all families, we are offering swim lesson registration on a rolling basis for Winter 2024. Registration opens on the first Sunday of the month for the next month's lessons.\*

Sunday, Dec. 3, 9 a.m.	Register for ALL classes which start in January.
Sunday, Jan. 7, 9 a.m.	Register for ALL classes which start in February.
Sunday, Feb. 4, 9 a.m.	Register for ALL classes which start in March.
Sunday, Mar. 3, 9 a.m.	Register for ALL classes which start in April.

\*Register for Adult Swim Development, Adaptive Swim Lessons and Merfolk classes anytime.

## Parent/Child

6 mos. to 3 years w/parent • #1110201

Early introduction to the water helps prepare children for success in Preschool and Swim School lessons. Teaches parents the skills needed to introduce a child to the water safely and comfortably. Swimsuits/swim diapers that cinch at the waist and legs are required.

DAYS	DATES	TIME	SECTION	CLASSES	FEE
Tu/Th	Jan 9-18	11-11:30a	1AM9A1	4	\$27/22/21
Sat	Jan 13-Feb 3	11:15-11:45a	1AM7	4	\$27/22/21
M/W	Jan 22-31	6:10-6:40	1EVE8	4	\$27/22/21
Tu/Th	Jan 23-Feb 1	11-11:30a	1AM9A2	4	\$27/22/21
M/W	Feb 5-14	6:10-6:40p	2EVE8	4	\$27/22/21
Tu/Th	Feb 6-15	11-11:30a	2AM9A1	4	\$27/22/21
Sat	Feb 17-Mar 9	11:15-11:45a	2AM7	4	\$27/22/21
Tu/Th	Feb 20-29	11-11:30a	2AM9A2	4	\$27/22/21
M/W	Mar 4-13	6:10-6:40p	3EVE8	4	\$27/22/21
Tu/Th	Mar 5-14	11-11:30a	3AM9	4	\$27/22/21
M/W	Mar 25-Apr 3	6:10-6:40p	4EVE8A1	4	\$27/22/21
Tu/Th	Mar 26-Apr 4	11-11:30a	4AM9A1	4	\$27/22/21
Sat	Apr 6-27	11:15-11:45a	4AM7	4	\$27/22/21
M/W	Apr 8-17	6:10-6:40p	4EVE8A2	4	\$27/22/21
Tu/Th	Apr 9-18	11-11:30a	4AM9A2	4	\$27/22/21
Tu/Th	Apr 23-May 2	11-11:30a	5AM9A1	4	\$27/22/21
M/W	Apr 29-May 8	6:10-6:40p	5EVE8A1	4	\$27/22/21



**Preschool Ages 3 to 5 • #1120202**

**Water exploration and fun!** Playful, nurturing instructors guide preschoolers through the basics of water exploration; classes are tailored to the needs and abilities of each child. Classes may be divided into those who can put their face in the water (Level 2) and students who need to learn this skill (Level 1). Swimsuits/ swim diapers that cinch at the waist and legs are required for kids who are still potty training.

DAYS	DATES	TIME	SECTION	CLASSES	FEE
M/W	Jan 8-31*	11-11:40a	1AM8	7	\$47.25/38.50/36.75
M/W	Jan 8-31*	6-6:40p	1EVE8A	7	\$47.25/38.50/36.75
M/W	Jan 8-31*	6:45-7:25p	1EVE8B	7	\$47.25/38.50/36.75
Tu/Th	Jan 9-Feb 1	11-11:40a	1AM9	8	\$54/44/42
Sat	Jan 13-Feb 3	9:45-10:25a	1AM7B	4	\$27/22/21
Sat	Jan 13-Feb 3	11:15-11:55a	1AM7D	4	\$27/22/21
M/W	Feb 5-28**	11-11:40a	2AM8	6	\$40.50/33/31.50
M/W	Feb 5-28***	6-6:40p	2EVE8A	7	\$47.25/38.50/36.75
M/W	Feb 5-28***	6:45-7:25p	2EVE8B	7	\$47.25/38.50/36.75
Tu/Th	Feb 6-29	11-11:40a	2AM9	8	\$54/44/42
Sat	Feb 17-Mar 9	9:45-10:25a	2AM7B	4	\$27/22/21
Sat	Feb 17-Mar 9	11:15-11:55a	2AM7D	4	\$27/22/21
M/W	Mar 4-13	11-11:40a	3AM8	4	\$27/22/21
M/W	Mar 4-13	6-6:40p	3EVE8A	4	\$27/22/21
M/W	Mar 4-13	6:45-7:25p	3EVE8B	4	\$27/22/21
Tu/Th	Mar 5-14	11-11:40a	3AM9	4	\$27/22/21
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M/W	Mar 25-Apr 17	6-6:40p	4EVE8A	8	\$54/44/42
M/W	Mar 25-Apr 17	6:45-7:25p	4EVE8B	8	\$54/44/42
Tu/Th	Mar 26-Apr 18	11-11:40a	4AM9	8	\$54/44/42
Sat	Apr 6-27	9:45-10:25a	4AM7B	4	\$27/22/21
Sat	Apr 6-27	11:15-11:55a	4AM7D	4	\$27/22/21
M/W	Apr 22-May 8	11-11:40a	5AM8	6	\$40.50/33/31.50
M/W	Apr 22-May 8	6-6:40p	5EVE8A	6	\$40.50/33/31.50
M/W	Apr 22-May 8	6:45-7:25p	5EVE8B	6	\$40.50/33/31.50
Tu/Th	Apr 23-May 9	11-11:40a	5AM9	6	\$40.50/33/31.50

\*No lessons 1/15 \*\*No lessons 2/14, 2/19 \*\*\*No lessons 2/19

**Swim School Ages 5+ • #1130203**

**Learn fundamental swimming skills!**

Swim School encompasses three levels: Face & Float, Glide & Movement, and Breathing & Development (similar to levels 1-3 in other swim lesson programs).

Encouraging, energetic instructors work with students on the basics of swimming and water fitness. Students work on skills such as submerging, floating, gliding, and rhythmic breathing.

Depending on number of students, Swim School classes may be divided into groups based on their skills on the first day of class and instructors adapt to the specific skills and needs of the class.

Students who complete the Breathing & Development School are ready for course offerings in our Stroke School.

***Beginning and advanced level courses meet at the same time. Students may need to repeat the course of instruction before progressing from beginning to advanced level. Call 721-PARK for more information.***

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M/W	Jan 8-31*	6:45-7:25p	1EVE8B	7	\$47.25/38.50/36.75
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Sat	Jan 13-Feb 3	9:45-10:25a	1AM7B	4	\$27/22/21
M/W	Feb 5-28**	11-11:40a	2AM8	6	\$40.50/33/31.50
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Sat	Apr 6-27	9-9:40a	4AM7A	4	\$27/22/21
Sat	Apr 6-27	9:45-10:25a	4AM7B	4	\$27/22/21
M/W	Apr 22-May 8	11-11:40a	5AM8	6	\$40.50/33/31.50
M/W	Apr 22-May 8	6-6:40p	5EVE8A	6	\$40.50/33/31.50
M/W	Apr 22-May 8	6:45-7:25p	5EVE8B	6	\$40.50/33/31.50

\*No lessons 1/15 \*\*No lessons 2/14, 2/19 \*\*\*No lessons 2/19

*Stroke School, private lessons and adult lessons on next page →*

## Front Crawl / Backstroke Ages 5+ #1130204

This class is for students who have already learned the basics in our Swim School Breathing and Development class. Students should be able to swim front crawl and backstroke for at least 10 yards without stopping. Instructors help students develop their front crawl technique and become more adept at breathing to the side. With both strokes, students learn to incorporate more long-axis\* body roll to improve speed and endurance. Students also work on diving, open turns, and flip turns.

\*Swimmers rotate the torso from side to side.

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Sat	Jan 13-Feb 3	9-9:40a	1AM7	4	\$27/22/21
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T/Th	Mar 26-Apr 18	7-7:40p	4EVE9	8	\$54/44/42
Sat	Apr 6-27	9-9:40a	4AM7	4	\$27/22/21
M/W	Apr 22-May 8	6:45-7:25p	5EVE8	6	\$40.50/33/31.50

\*No lessons 1/15

## Butterfly/Breaststroke Ages 5+ #1130205

For students who have completed or possess the skills taught in Swim School Breathing and Development; including the ability to dolphin kick and breaststroke at least 10 yards without stopping. Learn the two short-axis\* strokes! Instructors guide students through the basic progression of butterfly (starting with dolphin kick, adding breathing, timing) and breaststroke (kick, arms, body roll, and timing).

\*Swimmers bend at the hips to assist forward motion.

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M/W	Feb 5-28*	6:45-7:25p	2EVE8	7	\$47.25/38.50/36.75
Sat	Feb 17-Mar 9	9-9:40a	2AM7	4	\$27/22/21
T/Th	Mar 5-14	7-7:40p	2EVE9	4	\$27/22/21
M/W	Mar 25-Apr 17	6:45-7:25p	4EVE8	8	\$54/44/42
T/Th	Apr 23-May 9	7-7:40p	5EVE9	6	\$40.50/33/31.50

\*No lessons 2/29

## Group Swim Lesson Registration Dates

Registration opens on the first Sunday of the month for the next month's lessons.\*

Sunday, Dec. 3, 9 a.m.	Register for classes which start in January.
Sunday, Jan. 7, 9 a.m.	Register for classes which start in February.
Sunday, Feb. 4, 9 a.m.	Register for classes which start in March.
Sunday, Mar. 3, 9 a.m.	Register for classes which start in April.

\*Register for Adult and Adaptive Swim Lessons and Swim with the Merfolk classes anytime.

## Private Swim Lessons

Private lessons are scheduled on an individual basis and geared to meet your swimmer's specific needs.

Please email [CurrentsSwimLessons@ci.missoula.mt.us](mailto:CurrentsSwimLessons@ci.missoula.mt.us) or give us a call at (406) 214-1669. Due to increased demand for private lessons, please allow up to 10 business days for a reply.

Lessons are 30 minutes. We recommend a series of 4 lessons or more, 1-2 times per week.

### PRICING PER 30-MINUTE LESSON

1 student per instructor	\$30
2 students per instructor	\$35
3-5 students per instructor	\$40



## Swim Squad • Ages 6+

Swim Squad is designed for kids who can swim the length of the pool without stopping and are looking for new challenges in the water. Swim Squad is a great introduction to competitive swimming. Children will improve their swimming skills, learn turns, how to read a pace clock and build endurance while gaining the benefit and experience of a team environment.

For: Youth who have completed and passed at least one introductory level Stroke School course (Front/Back Crawl or Breast/Fly) through Parks and Recreation, or are capable of swimming at least 20 yards Front Crawl and 20 yards Back Crawl without stopping for rest.

Dates	Jan. 6 – May 16* (*No practice March 19, 21)
Day/Time	Tuesdays and Thursdays, 4:30 - 5:30 pm
Fee	10-practice card \$50/40 • 20-practice card \$90/82
Activity #	1130209
Activity # 1130212 Just For Fun Swim Meet, May 16, 4:30 - 5:30 pm, \$7	