

SWIM TEAM



After completing all levels of swim lessons you are ready to be a part of the Barracuda swim team. We have Swim meets year round with teams from Gunnison, Delta, Castle Dale, Vernal, Moab, and Cedar City
For more info contact Kamra Davis 650-3832

Swimming Lessons

\$35.00 Per Session

Session 1: June 3 - June 13

Session 2: June 17 - June 27

Session 3: July 1 - July 11

Session 4 : July 15 - July 25

Session 5 : July 29 - Aug.8

**Classes will be taught Mon. - Thurs.
in 30 minute sessions**

Swimming Lessons



435-637-7946

Cost is \$35.00 a session
Each Summer Sessions is 2 weeks
Monday - Thursday

Ages 5&Up

Advanced Levels

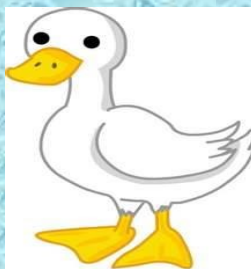
Ages 3&4

Beginner



Star Fish— ages 3&4 this level is best if you have never had swim lessons, have not been introduced to floating on front or back.

Beginner

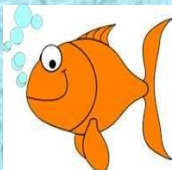


Duck—5&up This level is best for beginners who have never had lessons, or are not comfortable in water. Will learn basic skills in this level.



Sea Lion—This level is best for swimmers who have passed Stingray level and mastered the basic skills of freestyle, backstroke, and elementary backstroke. (ex. Big arm freestyle and straight arm backstroke). Knowledge of whip kick and dolphin kick

Intermediate



Gold Fish—ages 3&4 This level is best for swimmers who have passed Star Fish level, Swimmers who are comfortable in water, and can float on front and back. And be able to move independently forward for 5-10 ft.

Intermediate



Seahorse—5&up This level is best for swimmers who have passed duck level, can float on front and back with some arm and leg movement



Dolphin—This level is best for swimmers who have passed Sea Lion level and can swim proper freestyle, backstroke, elementary backstroke, and Dolphin kicks with fins.

Advanced



Puddle Duck— ages 3&4 This level is best for swimmers who have passed Gold Fish, Swimmers who can float on front and back. And can swim forward 5-10 ft. with one or more front breaths.

Advanced



Stingray—This level is best for swimmers who can breath to front , backfin, jump from side of pool and swim 15 yds, retrieve object from depth of 4'.



Orca—This level is best for swimmers who have passed the dolphin level and can swim proper freestyle 50yds, backstroke 50 yds, elementary back 50yds, breaststroke, 25 yds and dolphin kick.



Shark—This level is best for swimmers who have passed the orca level and can properly swim 100 yds of freestyle, backstroke, elementary back, 50 yds of breaststroke, and 25 yds of butterfly