

# 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. For more info contact Kamra Davis

## Swimming Lessons

### Swimming Lessons

\$35.00 Per Session

**Session 1: Jan. 10th - Feb. 3rd**

No lessons Jan. 17th make up on Jan. 21st

**Session 2: Feb. 7th - Mar. 3rd**

No lessons on Feb. 21st make up lessons on Feb. 25th

**Session 3: Mar. 7th - Mar. 31st**

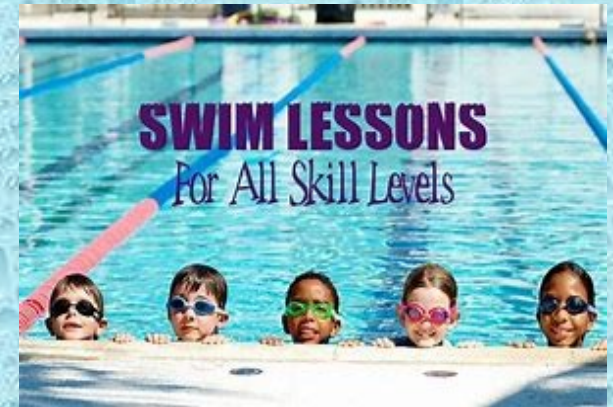
**Session 4: Apr. 11th - May 5th**

Classes will be taught  
Monday and Wednesday

OR

Tuesday and Thursday  
from 3:45pm - 5:25pm in  
30 minute sessions

## Swimming Lessons



240 E. 500 N.  
Price, UT 84501  
435-637-7946

Cost is \$35.00 a session  
Each Fall/ Winter Sessions is 4 weeks  
Monday - Thursday

## Ages 5&Up

## Advanced Levels

### Beginner

### Ages 3&4



#### 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

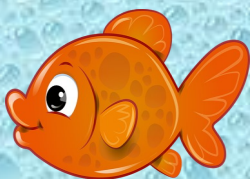


#### Sea Lion

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

### 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.



#### 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



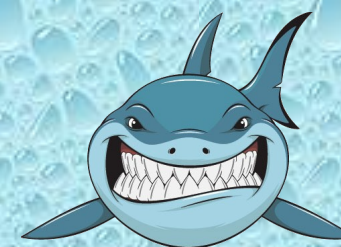
#### Stingray

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 50 yds of butterfly