



Capital City Health Club Aquatics instructors utilize the *American Red Cross Swimming & Water Safety* program and encourage people to think and act safely in, on, and around the water. The

program helps swimmers of all ages enjoy the water safely, act effectively in an emergency situation, and covers skills and knowledge in a progression for aquatic skill development. As participants develop these skills, they will become safer and better swimmers.

## Swimming Lessons



Capital City Health Club is an American Red Cross Authorized Provider, and our swimming lesson instructors are certified by Red Cross as Water Safety Instructors (WSI). CCHC offers year-round swimming lessons for all ages—infants to adults.

Group and private lessons are offered each month at varying scheduled times throughout the year. The standard class size for a group lesson is four swimmers. Lessons are generally offered as 30-minute classes once a week over four weeks for a total of two hours (120 minutes) of instruction.

**Group Rate - \$21/person/hour**

**Private Rate - \$54/person/hour**

**Pre-Swim Team Rate - \$27/person/hour**

Swimming lesson sessions are announced and distributed by e-mail to interested families. An e-mail registration notification is sent out generally once a month when sign-ups are made available online. The online system lists which lesson levels are offered during that session and the scheduled times/duration. Registration is completed online, and payment is required at time of registration:

<https://www.capcity.club/swim-capital-city-health-club-helena>

To subscribe to our mailing list to receive notifications for upcoming swimming lessons, navigate to the site above and fill out the *Sign-up to receive swimming lesson updates*: section. For questions, please e-mail the Aquatics Manager:

**Kayme May**  
**Aquatics Manager**  
**kmay@capcity.club**  
**(406) 442-6577 Ext.3**

## Is my child ready for...

### **PARENT & INFANT | Age: 6 months thru 23 months** **PARENT & CHILD | Age: 2 - 3 years**

This class introduces basic skills such as adjusting to the water environment, showing comfort while maintaining a front & back position, blowing bubbles & submerging under water.

**NOTE: A responsible adult is required in the water for each child enrolled.**

### **LEVEL 1 (PRE-SCHOOL & SCHOOL-AGED): Intro to Water Skills** **Pre-School age 3 - 5 & School-Aged age 6 & up**

**Yes!...if my child is:**

- ✓ Still working on submerging under water
- ✓ Still working on floating supported on front & back

### **LEVEL 2A: Fundamental Aquatics Skills**

**Yes!...if my child can:**

- ✓ Jump in the water and fully submerge body & head
- ✓ Float supported on front & float supported on back
- ✓ Front glide & back glide 2 body lengths supported

### **LEVEL 2B: Fundamental Aquatics Skills**

**Yes!...if my child can:**

- ✓ Perform 5 bobs (voluntarily fully submerge body & head)
- ✓ Front float unsupported with face in the water (5 sec.)
- ✓ Float unsupported on back (15 sec.)
- ✓ Swim elementary backstroke & crawl stroke 2 body lengths unsupported
- ✓ Flutter kick on back & front 3 body lengths unsupported

### **LEVEL 3: Stroke Development**

**Yes!...if my child can:**

- ✓ Tread water (15 seconds)
- ✓ Swim crawl stroke unsupported (15 yards)
- ✓ Swim elementary backstroke unsupported (15 yards)
- ✓ Back float unsupported (15 seconds)

### **LEVEL 4: Stroke Improvement**

**Yes!...if my child can:**

- ✓ Swim 15 yards using front stroke AND elementary backstroke
- ✓ Back float for one minute (60 sec.)
- ✓ Demonstrate flutter, breaststroke, scissor, & dolphin kicks
- ✓ Demonstrate rotary breathing techniques
- ✓ Tread water for 60 seconds, immediately followed by 25 yards of crawl stroke or elementary backstroke

### **LEVEL 5 & 6: Stroke Refinement & Adult Classes**

Please inquire through email.

### **PRE-SWIM TEAM**

**Yes!...if my child can:**

- ✓ 25m Freestyle without stopping
- ✓ 25m Backstroke without stopping
- ✓ 25m Dolphin kick
- ✓ 25m Breaststroke kick
- ✓ Know the Breaststroke constructs