Parks & Recreation

Swimming Lessons

West Valley City Family Fitness Center

Swimming Lessons

Welcome to the swimming lesson program at the West Valley City Family Fitness Center. The following information is to provide you with an overview of our program. If you have any further questions, please feel free to call us at (801) 955-4000.

When registering, payment in full is required. **Fees are not pro-rated, nor will there be any make-up classes**. **Mail-in and phone registration will not be accepted.** Online registration for some classes may be available soon. Any cancellation of a registered participant will be subject to our credit policy. Classes are limited to five students except for the pre-level classes, which are limited to four students. We reserve the right to cancel or combine any classes as needed. Registration will begin at 5:00 am on the registration date. Please make sure to register your child for the appropriate level, class changes are not guaranteed.

- Observers are encouraged to watch their swimmers from the cement bleachers on the north side of the Lap pool. This will insure a good teaching environment.
- Swimming suits are required for all participants. Cut-offs will not be allowed. Infants are required to wear plastic pants AND commercial swim diapers under their swimming suits. CLOTH OR DISPOSABLE DIAPERS ARE NOT ALLOWED IN THE POOL. (Swim diapers are available for purchase at the Fitness Center front desk)
- We strongly suggest locking all clothes and valuables in a locker, we are not responsible for stolen or lost items.
- All participants are required to shower before entering the pool.
- Participants must not enter the water until their class time.
- If you have children attending classes, please have them to class on time and pick them up immediately following their lessons. **All swim lesson participants must exit the pool and deck immediately following their scheduled swim lesson.**
- Open Plunge starts at 11:30 am Monday - Saturday, an admission fee is required.
- Only registered participants are allowed in the water, friends, siblings or other visitors must remain out of the water.
- Participants should bring the following to each class: swim suit, towel and goggles (optional for advanced classes).
- Swim lessons will be taught in water depth of 0 depth - 6.5 ft. in both the Leisure and Lap Swimming Pools. The pool temperatures will range from 83 to 86 degrees.
- Certificate Cards will be issued on the last day of class by the instructor and will include the following information: positive information, skills passed and recommendation for the next class. You may speak with the instructor prior to the end of the class for information on what level to sign up for next session.
- Children learn at different rates. As a result, it may be necessary for children to repeat classes.

WVCFFC

West Valley City
Family Fitness Center
5415 W. 3100 S.
(801)955-4000

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CLASS	OBJECTIVES
Jellyfish (Pre-Level) Water	This class is perfect for little fish swimming for the first time with out mom or dad! The emphasis is on having fun, getting comfortable in the water, blowing bubbles, supported front/back floats and playing water games. Pre-requisite: none
Starfish (Level 1) Introduction to Water Skills	This class helps students to feel comfortable in the water and to enjoy the water safely. This class teaches safe water entry/exit, placing whole face in water, blowing bubbles through mouth/nose, floating on front/back with help, arm action on front/back with help. Students must complete the following skills before advancing to Level 2: enter water unassisted, move 5 yards, bob 3 times to chin level and safely exit the water; Front glide 2 body lengths, roll to back, float 3 seconds and recover with support.* Pre-requisites: none
Seahorse (Level 2) Fundamental Aquatic Skills	This class is designed to give students success with fundamental skills. This class teaches water entry by stepping or jumping from the side, exiting the water safely unassisted, submerging entire head and rhythmically breathing, floating/gliding on front/back unsupported, change direction while swimming, roll over from front to back/back to front, combine arm and leg action and swim on front/back unassisted 15 ft. Students must complete the following skills before advancing to Level 3: Step from side into chest-deep water, move into a front float for 5 sec, rollover to a back float, return to standing position, then return to a back float for 5 sec and return to standing position. Combined swim on front for 5 body lengths, roll to back, float 15 sec., roll to front and continue swim for 5 body lengths. (assisted breathing acceptable)* Pre-requisites: successful completion of Level 1 exit skills.
Blow Fish (Level 3) Stroke Development	This class builds on the skills learned in Level 2 by providing additional guided practice. This class teaches water entry by jumping into deep water, bobbing in deep water, submerging and retrieving an object from the bottom of the pool, rotary breathing, front/back glides with 2 different kicks, front/back floats unassisted for 30 sec., change direction in deep water, treading water, front/back crawl for 15 yds., butterfly kick and body motion. Students must complete the following skill before advancing to Level 4: Jump into chest-deep water, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern , maintain position by treading or floating for 30 sec and swim elementary back stroke for 15 yards Pre-requisites: successful completion of Level 2 exit skills.
Seal (Level 4) Stroke Improvement	This class helps to develop confidence in the strokes learned in previous classes and other aquatic skills. This class teaches swimming underwater, basic surface dives, open turns on front/back, butterfly arm stroke/timing, breaststroke arm/leg action and timing, elementary backstroke. Students must complete the following skills before advancing to Level 5: Perform a feet first entry into chest deep water, swim front crawl for 25 yards, turn in deep water and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, turn in deep water and swim back crawl for 15 yards Pre-requisites: successful completion of Level 3 exit skills.
Dolphin (Level 5) Stroke Refinement	This class helps with the coordination and refinement of all strokes (front/back crawl, breaststroke, butterfly and elementary backstroke) This class teaches front/back flip turns and tuck and pike surface dives. Upon completion of the following skills, swimmers may advance to the Pre-Competitive swim team: Enter feet first into deep water, swim front crawl for 50 yards, turn in deep water and swim elementary backstroke for 50 yards. Swim breaststroke for 25 yards, turn and swim back crawl for 25 yards Pre-requisites: successful completion of Level 4 exit skills.

Not all levels will be offered at all times, please check with the front desk for more information.
Children learn at different rates, occasionally it may be necessary for a child to repeat a class.

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Swimming Lessons

Parent/Infant Classes

Class Fees:
Members: $10.00
Non-Members: $17.00
3 lessons @ 30 minutes

Session	Dates	Day	Time
Summer 1	June 4 - June 18	Sat.	10:45 am to 11:15 am
Summer 2	June 25 - July 9	Sat.	10:45 am to 11:15 am

Ages 6 months - 2 years with one or both parents in the water.
Class objective:
Introduction to swimming skills and fun through direct parental interaction.

Private Lessons

The Fitness Center does not schedule private lessons. If you are interested in private lessons, you must make arrangements with the individual instructor or contact (801) 955-4015 for more information.

Private Lesson : (one person)
$15/30 minutes
Semi-private Lesson: (up to 3 people)
$20/30 minutes

Adult Lessons

Beginner: Water adjustment skills, front/back floats, glides, rhythmic breathing, emphasis on crawl stroke and beginning backstroke.
Intermediate/Advanced: Refine freestyle, backstroke, breaststroke, butter fly, turns and lap swim/race tips.

Class Fees:
Members: $23.00 Non Members: $28.00
3 lessons @ 40 minutes

Session	Dates	Registration	Days	Times
Summer 1	June 4 - June 18	Begins May 23	Saturdays	Beginner: 9:15-9:55 am Inter./Adv.: 10:00-10:40 am
Summer 2	June 25 - July 9	Begins June 13	Saturdays	Beginner: 9:15-9:55 am Inter./Adv.: 10:00-10:40 am

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Summer 2016 Swimming Lessons

Session	Fees	Dates	#	Registration	Days	Times/Levels Taught					
Summer 1 M / W / F **Morning**	Mem: $26.00 Non: $34.00	June 1 - June 17	8	Begins: May 25 until class is full	Monday Wednesday Friday	8:05am Seal (45 min) Dolphin (45 min)	8:20am Blowfish Seahorse	9:00am Jellyfish Starfish Seahorse Blowfish	9:40am Starfish Seahorse Blowfish Jellyfish	10:20am Seahorse Blowfish Starfish Starfish	11:00am Blowfish Starfish Seahorse Seal (45 min)
Summer 1 T / Th **Morning**	Mem: $19.00 Non: $25.00	May 31 - June 16	6	Begins: May 25 until class is full	Tuesday Thursday	8:05am Seal (45 min)	8:20am Blowfish Seahorse Starfish	9:00am Jellyfish Starfish Seahorse Blowfish	9:40am Starfish Seahorse Blowfish Jellyfish	10:20am Seahorse Blowfish Starfish Starfish	11:00am Blowfish Seahorse Seal (45 min) Dolphin (45)
Summer 1 M / W / F **Evening**	Mem: $26.00 Non: $34.00	June 1 - June 17	8	Begins: May 25 until class is full	Monday Wednesday Friday	4:00pm Seal (45 min)	4:15pm Starfish Blowfish	5:00pm Seahorse Starfish Seahorse	5:40pm Jellyfish Blowfish Seahorse	6:20pm Blowfish Starfish Seahorse	7:00pm Starfish Seal (45 min) Dolphin (45 min)
Summer 1 T / Th **Evening**	Mem: $19.00 Non: $25.00	May 31 - June 17	6	Begins: May 25 until class is full	Tuesday Thursday	4:00pm Dolphin (45 min)	4:15pm Starfish Blowfish	5:00pm Seahorse Starfish Seahorse	5:40pm Jellyfish Blowfish Seahorse	6:20pm Blowfish Starfish Seahorse	7:00pm Starfish Seal (45 min) Seal (45 min)
Summer 2 M / W / F **Morning**	Mem: $26.00 Non: $34.00	June 20 - July 8	8	Begins: June 15 until class is full	Monday Wednesday Friday	8:05am Seal (45 min) Dolphin (45 min)	8:20am Blowfish Seahorse	9:00am Jellyfish Starfish Seahorse Blowfish	9:40am Starfish Seahorse Blowfish Jellyfish	10:20am Seahorse Blowfish Starfish Starfish	11:00am Blowfish Starfish Seahorse Seal (45 min)
Summer 2 T / Th **Morning**	Mem: $19.00 Non: $25.00	June 21 - July 7	6	Begins: June 15 until class is full	Tuesday Thursday	8:05am Seal (45 min)	8:20am Blowfish Seahorse Starfish	9:00am Jellyfish Starfish Seahorse Blowfish	9:40am Starfish Seahorse Blowfish Jellyfish	10:20am Seahorse Blowfish Starfish Starfish	11:00am Blowfish Seahorse Seal (45 min) Dolphin (45)
Summer 2 M / W / F **Evening**	Mem: $26.00 Non: $34.00	June 20 - July 8	8	Begins: June 15 until class is full	Monday Wednesday Friday	4:00pm Seal (45 min)	4:15pm Starfish Blowfish	5:00pm Seahorse Starfish Seahorse	5:40pm Jellyfish Blowfish Seahorse	6:20pm Blowfish Starfish Seahorse	7:00pm Starfish Seal (45 min) Dolphin (45 min)
Summer 2 T / Th **Evening**	Mem: $19.00 Non: $25.00	June 21 - July 7	6	Begins: June 15 until class is full	Tuesday Thursday	4:00pm Dolphin (45 min)	4:15pm Starfish Blowfish	5:00pm Seahorse Starfish Seahorse	5:40pm Jellyfish Blowfish Seahorse	6:20pm Blowfish Starfish Seahorse	7:00pm Starfish Seal (45 min) Seal (45 min)
Summer 3 M / W / F **Morning**	Mem: $29.00 Non: $38.00	July 11 - July 29	9	Begins: July 6 until class is full	Monday Wednesday Friday	8:05am Seal (45 min) Dolphin (45 min)	8:20am Blowfish Seahorse	9:00am Jellyfish Starfish Seahorse Blowfish	9:40am Starfish Seahorse Blowfish Jellyfish	10:20am Seahorse Blowfish Starfish Starfish	11:00am Blowfish Starfish Seahorse Seal (45 min)
Summer 3 T / Th **Morning**	Mem: $19.00 Non: $25.00	July 12 - July 28	6	Begins: July 6 until class is full	Tuesday Thursday	8:05am Seal (45 min)	8:20am Blowfish Seahorse Starfish	9:00am Jellyfish Starfish Seahorse Blowfish	9:40am Starfish Seahorse Blowfish Jellyfish	10:20am Seahorse Blowfish Starfish Starfish	11:00am Blowfish Seahorse Seal (45 min) Dolphin (45)
Summer 3 M / W / F **Evening**	Mem: $29.00 Non: $38.00	July 11 - July 29	9	Begins: July 6 until class is full	Monday Wednesday Friday	4:00pm Seal (45 min)	4:15pm Starfish Blowfish	5:00pm Seahorse Starfish Seahorse	5:40pm Jellyfish Blowfish Seahorse	6:20pm Blowfish Starfish Seahorse	7:00pm Starfish Seal (45 min) Dolphin (45 min)
Summer 3 T / Th **Evening**	Mem: $19.00 Non: $25.00	July 12 - July 28	6	Begins: July 6 until class is full	Tuesday Thursday	4:00pm Dolphin (45 min)	4:15pm Starfish Blowfish	5:00pm Seahorse Starfish Seahorse	5:40pm Jellyfish Blowfish Seahorse	6:20pm Blowfish Starfish Seahorse	7:00pm Starfish Seal (45 min) Seal (45 min)

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