

**2025 GFHS Swim
Education
Program
& More**

Pool location:
19th St. & 5th Ave. South
Mailing address:
1900 2nd Ave. South
Great Falls, MT 59405

June 9 to August 1



Call for more information
Bob Stingley or
Shayna Albright
Pool Manager
bob_stingley@gfps.k12.mt.us
(406) 268-6281

**GFHS Summer Swim
Hours & Prices**

LAP SWIM – Last Day August 1
Mon. – Fri. 6:00–7:30 AM; Mon –Thurs 12:00–
1:00 PM SUMMER PASS \$60 SINGLE PASS \$3.00

AQUA EXERCISE CLASS –\$60
Summer Session: June 10th –July. 31st
Tues. & Thurs: 7:00–8:00 PM

OPEN SWIM - Last Day July 31
Day times: Mon. – Thurs. 1:00 – 3:45 PM
Evenings: Mon. & Wed. 7:30 – 8:45 PM
ADULTS: \$3.00 CHILD: \$2.00
1 CHILD 5 & UNDER FREE W/ADULT

Pool Rentals
Available for birthday parties & other
functions. For more information, call
the pool manager at 268-6281.

SWIM LESSONS –Last Day July 18th
Lesson sessions are 9 days long with the last
day being Family Fun Day (June 20, July 3, & July
18) a fun free swim for family and friends from
9:00 AM–12 Noon
Private Lessons may be available at an
additional charge. Check with management.

Swim Lesson
Registration Required in Person
Mon - Thurs from 4-7 P.M.
May 19 – June 5
No registration on Memorial Day
at Great Falls High Pool
19th St. & 5th Ave. South

The lessons run every 30 minutes.
A new class every 30 minutes, starting
at 9. 9-9:30, 9:30-10, ect. Sessions
generally run Monday thru Thursday
in week 1, Week 2 is Mon- Fri, with
Fridays being Family Fun Day.

***Session One:**
June 9 to June 20
1st Week-Mon., Tues., Wed., Thurs.
2nd week-Monday through Friday
***Morning Time Slots:**
9-9:30; 9:30-10; 10-10:30; 10:30-11
11-11:30; 11:30-12
Water Babies @ 12-12:30
Adult lessons, Special Needs @ 12 only.

***Session Two:**
1st week - June 23 to June 27
Monday Through Friday
2nd week – June 30 to July 3
Monday Through Thursday
Same as Session One time slots

CLOSED on JULY 4th

***Session Three:**
July 7th to July 18th
1st Week-Mon., Tues., Wed., Thurs.
2nd week – Monday Through Friday
Same as Session One time slots

Lesson Costs:
All Students - \$65
Per Student

Cash Refunds: Will be given only for verified medical reasons. PAID ___ NOT PD ___
(FILL ONE OUT FOR EACH CHILD) Invoice # ___ Check # ___
Student' s Name ___ Age ___
Parent/Guardian ___ Address: ___
Home Phone: ___ Work: ___ Cell: ___
Email address: ___
Any Medical or Physical Limitations/conditions? _____
Session: 1- (6/9-6/20), Session 2- (6/23 -7/3) Session 3- (7/7-7/18)
*1, 2, 3, 4, 5, 6, 7, *Not all levels offered at all time slots
Adult, Water Babies, Special Needs: (circle appropriate level)
Cost is \$65 for all students.

Swim Lesson Cost:

\$65
For all students

PARENTS, PLEASE:

- 1. Stay in the bleachers, let instructors be the teachers!
- 2. Be positive! Encourage your child! Focus on what the children can do, say good job to even simple successes.
- 3. Level 2 & 3 are hardest classes to pass!
- 4. Classes may be subject to change as the need occurs and other classes fill up.
- 5. Understand that your child may regress without practice.
- 6. On occasion, we have found young children may need additional attention in a smaller class with adult participation. Young children & parent will then have the option of transferring to the 12:00 session on the request of the instructor to participate in the Water Babies' class.
- 7. We may move your child up or down a level to meet their needs.

SWIM LEVEL DESCRIPTIONS

WATER BABIES: 3 & under will develop comfort level in water with security of the parent. Basic skills: bubble blowing, getting faces wet, arm & leg movement; underwater exploration, sing songs & play with water toys.

LEVEL ONE: 3+ (Student must be able to hold on to side of pool without assistance & not cry hysterically). Basic skills with support: bubble blowing, floating, kicking, gliding, arm pull, moving in pool, safely enter & exit water, & water safety. Demonstrate very little support & follow directions to pass to Level 2.

LEVEL TWO: 4+. Must be comfortable in water but still need some support while swimming. Basic skills: bubble blowing, bobbing, floating, kicking, streamline, 10 yards front crawl, 10 yards elementary backstroke. Introduce backstroke, water safety. Demonstrate skills with no support for 10 feet to pass Level 2.

LEVEL THREE: 4+. Refine skills from LEVEL 2. Basic skills: streamline 3 feet with face in water; 15 yards: front crawl breathing to side, elementary backstroke, regular backstroke, introduce: sidestroke & breast stroke; kneeling dive, dive to get object from bottom of 4 feet, & water safety. Strong skills, swim across short pool with no support & breathe properly to pass to Level 3.

LEVEL FOUR: Refine skills from LEVEL 3. Focus on stroke improvement swimming 1 full length of pool with proper breathing of front crawl, elementary back, backstroke, sidestroke & breast stroke, standing dive, stride jump, treading water, retrieve object off bottom in 5+feet, water safety & basic rescue skills. Strong skills to pass to Level 4.

! SWIM LESSONS ARE THE SECRET TO SAFETY!

LEVEL FIVE: Refine skills from LEVEL 4. Focus on stoke improvement & endurance; swimming 2 full lengths of the pool. Introduce: butterfly, swimming underwater, open turns, dive from diving board, compact jump, water safety & basic rescue. Strong skills to pass level 5.

LEVEL SIX: Refine skills from LEVEL 5. Focus on skill proficiency & swimming 4 full lengths of the pool. New skills: breaststroke pullout, flip turns, 3-step approach on diving board, water safety & basic rescue. Strong skills to pass level 6. Try swim team!

LEVEL SEVEN: Refine skills from LEVEL 6. Focus on endurance, proficiency, & swimming 8 full lengths of the pool without stopping. 500 yards (20 laps) swim, backstroke flip turn, springboard dive with approach, retrieve brick 10+ feet to pass level 7. Water safety & Beginner skills for lifeguard class. Try swim team!

SPECIAL CLASSES

SPECIAL NEEDS SWIM CLASSES:

Class will focus on individual assistance with those with special needs. Child will receive one-on-one assistance or small group instruction. Child will advance at own pace & ability level.

ADULT SWIM CLASSES: YOU ARE NEVER TOO OLD TO LEARN HOW TO SWIM!! Class will focus on individual assistance. Adult will receive one-on-one assistance or small group instruction. You will advance at own pace & ability level.



WHY TAKE SWIM LESSONS?

- 1. According National Director of Swim America, it takes 2-3 years of swim lessons for the average 3-year-old or older to be safe in & around the water.
- 2. Safe Kids Worldwide says drowning is the 2nd-leading cause of accidental death among children between ages of 1 & 14 with 60% of drowning happening to children under age 5.
- 3. Statistics show drowning is the 2nd leading cause of death nationwide for teenage boys.
- 4. Most parents are completely unaware of the need for swim lessons. Experts agree that learning to swim 300 yards (12 laps) of freestyle is a strong marker of a swimmer's safety in & around water.

*BRING YOUR OWN GOGGLES! *

Buy swim goggles that fit comfortably around eye socket.

PREPARATION FOR SWIM LESSONS

To address fears and concerns:

- 1. Observe our classes.
- 2. Learn some basic techniques that you can begin teaching your child until he or she is ready for a more formal lesson.
- 3. Visit the pool often. Gradual exposure to the water will avoid the development of fear & having to overcome that fear.
- 4. Start your child in swim lesson at an early age.