



Stations - Information, Skills and Advancement Goals

The most important skill we teach in Station One through Four is the jump into water, roll over, float and yell for help!

Pre-school Program goal is 15 feet of doggie paddle!! Pre-school graduates will be moved into Station Two of the regular program.

Hitting the Gong is designed to acknowledge your child's progress in the program and receive their advancement sticker. Once children graduate to the next station, they get to hit the gong for all to hear! Parents, have your camera ready for this special moment!

Skills and Advancement Goals

- Station 1 - Bubbles
 - 10 relaxed bobs
 - Flutter kick will be introduced and practiced
 - Dog paddle will be introduced and practiced
 - Floating mats and noodles will be used to help with confidence
 - Goggles are **not** recommended
- Station 2 - Floats and Glides
 - Front Glide and recover - 5 seconds
 - Back Glide and recover - 5 seconds
 - Flutter kick will be introduced and practiced
 - Dog paddle will be introduced and practiced
 - Floating mats and noodles will be used to help with confidence
 - Goggles are **not** recommended
- Station 3 - Kicking
 - Front Kick - 20 feet
 - Back Kick - 20 feet
 - Modified fins will be used
 - If you want to purchase goggles - this is the station to start
- Station 4 - Crawl Stroke
 - Slide Glide Kick - 20 feet
 - Crawl Stroke - 20 feet no breathing
- Station 5 - Freestyle
 - Crawl Stroke with breathing - 25 yards
- Station 6 - Backstroke
 - Swim Freestyle - 50 yards, 25 yards on certificate
 - Swim Backstroke - 25 yards, 30 feet on certificate
 - Tread Water for 1 minute
- Station 7 - Breaststroke and Butterfly
 - Swim Freestyle - 75 yards, 50 yards on certificate
 - Swim Backstroke - 50 yards, 25 yards on certificate
 - Kick Breaststroke - 20 feet



- Station 8 - Turns
 - Swim Freestyle - 100 yards using bi-lateral breathing
 - Swim Breaststroke - 25 yards
 - Swim Butterfly - 30 feet
- Station 9 - Lifetime Strokes
 - Swim Freestyle - 200 yards using bi-lateral breathing for one continuous 50 yards
 - Swim Butterfly - 25 yards
 - Swim Breaststroke - 50 yards
 - Swim Elementary Backstroke - 50 yards
 - Swim Sidestroke - 50 yards
- Station 10 - Individual Medley
 - Swim Freestyle - 300 yards
 - Swim Backstroke - 100 yards
 - Swim Individual Medley - 100 yards



Fall/Winter/Spring 2016-2017 Schedules

Starting Monday, Nov. 7 we will continue our fall swim lessons with our Mon/Wed classes (pre-school thru Station #5) and STARTING Tues/Thurs Nov 8, classes (our Baby & Me thru Station #3). Summer swimmers in Tues/Thurs class need to call or text me to reserve your slots. We will also start Friday classes early, Oct. 14, for station 6-10...those 2 classes 1pm and 2 pm are limited because of teacher shortage...a few spots remain. We still have limited numbers of teachers so that's why the station numbers are limited on weekday nights.

If your kids are currently signed into the evening classes you will keep your slots starting in November if we have enough instructors.

Will still have Friday classes available for Station #6 and up for D-70 kids starting November 11.

Everyone else wanting a slot will have to get on the Wait list - call 251-9397 after September 6th or Email Cecil @ sala2020manca@gmail.com for inquires. **No registrations at the pool**

- Classes are \$50 per session (9-10 classes).
- \$45 per session for family rates (3 or more swimmers).
- Make checks payable to: PCPR.
- If you want more than one session - only consecutive sessions will guarantee a spot.

Monday/Wednesday Sessions Wait list registration: call 251-9397 after September 6th or Email Cecil for inquires. **No registrations at the pool** Pre-school class to Station #10. However depending upon Fall staffing the number of upper stations may be cut back.	
Classes at 6:00pm to 6:35pm and 6:45pm to 7:20pm	
Session #	Session Dates
1	November 7, 2016 to December 16
No classes - Thanksgiving Week	November 23 to November 28
2	January 2, 2017 to February 3
3	February 6 to March 10
4	March 13 to April 21
No classes - Spring Break	March 20 to March 25
5	April 24 to May 27

USA Swim Team (0-18yrs old) Monday thru Thursday @ 7:30-9:00pm Fridays @ 5:00pm
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Tuesday/Thursday Sessions

**Classes at 6:00pm to 6:35pm Tuesday, Baby and Me (8 only)
or 6:00pm to 6:35pm Thursday, Baby & Me
5 week sessions: \$25 each session (Baby and Me - only once a week)
Pre-school class to Station #5 at 6:00pm to 6:35pm or 6:45pm to 7:20pm
These classes are twice a week, so \$50 for the session.**

Session #	Session Dates
1	November 8, 2016 to December 17
No classes - Thanksgiving Week	November 23 to November 28
2	January 3, 2017 to February 4
3	February 7 to March 11
4	March 14 to April 22
No classes - Spring Break	March 20 to March 25
5	April 25 to May 27

**Friday Daily Sessions
Stations #6-10
1 hour classes
1:00pm or 2:00pm
5 week sessions: \$50. Classes start November 11, 2016**

**Tuesday/Thursday Sessions
Springboard Diving Classes
Start September 6, 2016 Beginning/Advanced Diving
6:45pm - 8:30pm & Some Saturdays 10:00am - 11:30am
** Diving students must have passed Station #6 of SwimAmerica program ****

**Adult Learn to Swim Sessions
Starts November 8, 2016
Tuesday/Thursday 7:30 to 8:05pm
\$50 for a 5 week sessions.
***Special curriculum for Fearful Adults**

**Masters Swim (19+)
Tuesday/Thursday @ 6:00-7:30am
Saturday @ 7:00am**



Summer 2016 Schedules

- Daily Classes \$75 per session (14-15 classes)
- Evening Classes are still \$50 and \$40 for the 2 summer sessions
- \$45 per session for family rates (3 or more swimmers).
- Make checks payable to: PCPR.
- If you want more than one session - only consecutive sessions will guarantee a spot.
- Early Bird Registration... May 15th – May 21st, only for returning clients, not new to SwimAmerica

Daily Classes \$75 per session (14-15 classes) Monday thru Friday Sessions	
Classes @ 10:30 to 11:05am, 11:15 to 11:50am, or 12:00 to 12:35pm Registration at Pueblo County HS – on June 2nd @ 5-7pm, June 24th @ 10am-1pm, and July 15th @ 10am-1pm	
Session #	Session Dates
1	June 6 to June 24
2	June 27 to July 15
3	July 18 to Aug 5

Evening Classes are twice a week for 5 weeks Monday/Wednesday Sessions	
Classes @ 6:00-6:35pm or 6:45-7:20pm Registration at Pueblo County HS – on June 2nd @ 5-7pm or July 6th @ 5-7pm	
Session #	Session Dates
1	June 6 to July 6
2	July 11 to August 3

Public Open Swim June 6 to August 6 Monday thru Friday – Cost \$3.00 2:00-5:00pm

Adult Lap Swim (18+) during diving Monday thru Friday – Cost \$3.00 1:00-2:00pm
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**Evening Classes are twice a week for 5 weeks
Tuesday/Thursday Sessions**

**Registration at Pueblo County HS –
on June 2nd @ 5-7pm or July 7th @ 5-7pm
Baby and Me Classes (8 only) only @ 6:00pm
Pre-school Class to Station #5 @ 5:15-5:50pm, 6:00-6:35pm or 6:45-7:20pm
Adult Class only @ 7:30-8:05pm**

Session #	Session Dates
1	June 7 to July 7
2	July 12 to August 4

Springboard Diving Classes
Advanced/High School Only - Monday/Wednesday/Friday @ 12:45-2:00pm
Some Saturday Classes will be held for Advanced @ 10:00-11:30am
Beginner – Tuesday/Thursday @ 6:45-8:00pm
**** Diving students must have passed Station #6 of SwimAmerica program ****

Adult Learn to Swim Sessions
Tuesday/Thursday 7:30 to 8:05pm
\$50 and \$40 for the 2 summer sessions
*****Special curriculum for Fearful Adults**

USA Swim Team (0-18yrs old)
Monday thru Friday
7:30-10:30am

In the summer, Mitchell Pool was being utilized by our SwimAmerica program to give opportunities to kids on the east side of Pueblo; Coordinating with the City.