



Cutler Ridge Pool SWIMMING LESSONS Summer 2024



**REGISTRATION FOR SWIM LESSONS
WILL BEGIN MAY 6 ON A FIRST COME,
FIRST SERVED BASIS.**

Register in person at Cutler Ridge Pool (check
or credit card only—no cash will be accepted).

CLASSES HELD MONDAY-THURSDAY*

*No classes will be made up unless
cancelled by the facility. Make-up classes
will be held on Fridays.

COST:

\$50 per session, per person (3% credit card fee)

SESSION DATES:

Session 1: June 10-June 21

Session 2: June 24-July 5

Session 3: July 8-July 19

Session 4: July 22-August 2

*For more information contact Michelle Horne at
mhorne@cutlerbay-fl.gov or (305) 238-5344.*

SWIMMING CLASS LEVELS

TINY TOTS (AGES 3-5)

Class Times: 12 PM & 6 PM

Length: 30 minutes

LEVEL 1 (AGES 6+)

Class Times: 10 AM, 11 AM, 6:30 PM

Length: 45 minutes

LEVEL 2 (AGES 6+)

Class Times: 10 AM, 11 AM, 6:30 PM

Length: 45 minutes

LEVEL 3 (AGES 6+)

Class Times: 10 AM, 11 AM, 6:30 PM

Length: 45 minutes

ADULTS (AGES 15+)

Class Time: 7:15 PM

Length: 45 minutes



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TINY TOTS (AGES 3-5)

CLASS TIMES: 12 PM & 6 PM

LENGTH: 30 MINUTES

This level is an introduction to the water. Skills include bubble blowing, floating, orientation to the water, holding breath, and kicking. More advanced skills may be taught depending on the skills of the child. This class requires one adult to be in the water per child. This class is taught with a group but skills are taught on an individual basis. Practice of skills depends heavily with the parent.

LEVEL 1 (AGES 6+)

CLASS TIMES: 10 AM, 11 AM, 6:30 PM

LENGTH: 45 MINUTES

Level 1 is the Introduction to water skills phase by the American Red Cross. It is described as helping the students feel comfortable in the water and to enjoy the water safely. The skills learned in this level include: fully submerging face, supported kick on back, supported kick on front, supported float on front, supported float on back, begin to understand alternating arms coordina-

tion, bubble blowing, and basic water and pool safety rules.

LEVEL 2 (AGES 6+)

CLASS TIMES: 10 AM, 11 AM, 6:30 PM

LENGTH: 45 MINUTES

Level 2 is the Fundamental water skills phase by the American Red Cross. It is described as giving students success with fundamental skills. The skills learned in this level include: supine float or glide, prone float or glide, flutter kick on front, flutter kick on back, back crawl arm action, combine stroke from front using kick and alternating arm action, combine stroke on the back using kick and alternating arm action.

LEVEL 3 (AGES 6+)

CLASS TIMES: 10 AM, 11 AM, 6:30 PM

LENGTH: 45 MINUTES

Level 3 is the Stroke Development water skills phase by the American Red Cross. It is described as the next step to level 2 working on the previous learned skills with additional guided practice. The skills learned in this level include: reverse direction while swimming on

back, coordinate arm stroke for front crawl with breathing to the side, prone glide with push-offs, supine glide with push-off, reverse direction while swimming on front, coordinate back crawl, elementary backstroke.

ADULTS (AGES 15+)

CLASS TIME: 7:15 PM

LENGTH: 45 MINUTES

A class taught for beginners that would like to become more comfortable in the water, and learn the basics to swimming. Adult lessons will occur when there are 3 or more adults interested in signing up.