



**Choosing the right swim class**

- Children under 3 should be enrolled in Parent/Child lessons.
- Children ages 3-4 should be enrolled in Preschool.
- Beginners over age 5 should start with Swim School. Program is comparable to American Red Cross Levels 1 – 3.
- More advanced swimmers over age 5 may opt to enroll in Stroke School. A basic understanding of and ability to perform each stroke you sign up for is expected on the first day of that class.
- Students who have passed at least one stroke school may be ready to try our Swim Squad (see page 6.)
- Every Child A Swimmer...Guaranteed! Kids ages 7 and up will be able to swim 5 yards on their front and back by the end of the session or lessons are FREE until they can!

**Parent/Child School**

*6 mos. to 3 years with parent*

Early introduction to the water helps prepare your child for success in Preschool and Swim School lessons. This program teaches parents the skills needed to introduce a child to the water safely and comfortably.

**Pre-School-Ages 3 to 5**

*Water exploration and fun!*

Playful and nurturing instructors guide preschoolers through the basics of water exploration in a safe and fun manner. Instructors divide classes into students who are willing to put their face in the water and students who need to learn how to put their face in the water. Our instructors will tailor the skills to the needs and abilities of each student.

**Swim School-Ages 5 and up**

*Master important swimming skills.*

Encouraging and energetic instructors work with students on the basics of swimming and water fitness. Students in these courses will work

on skills such as submerging, floating, gliding, and rhythmic breathing. Swim School classes are divided into groups based on their skills on the first day of class. The full course includes three levels: Face and Float School, Glide and Movement School, and Breathing and Development School. Students who complete the Breathing and Development School are ready for course offerings in our Stroke School.

**Stroke School-Ages 5 and up**

*Learn 4 different swim strokes.*

For students who have completed or already possess the skills taught in the Swim School. Focused instructors will take students through basic progressions and development of stroke technique. Students will work on alternate skills such as diving and turns in addition to the specific strokes of focus. Many students may need to repeat the course of instruction before progressing from beginner to advanced stages. Students that have passed at least one stroke school may be ready to try our Swim Squad (see page 6.)

Beginning and advanced level courses meet at the same time.

Many students may need to repeat the course of instruction before progressing from beginning to advanced level. Call 721-PARK for more information.



Private lessons allow you and your family to limit your exposure to others *and* learn at your own pace! Lessons are geared to meet your swimmer's specific needs. Email [CurrentsSwimLessons@ci.missoula.mt.us](mailto:CurrentsSwimLessons@ci.missoula.mt.us), or call/text 214-1669 to request small-group or individual private lessons. Lessons are 30 minutes. We recommend a series of four lessons or more, 1-2 times per week.

Pricing per 30-minute lesson	
1 student per instructor	\$20
2 students per instructor	\$25
3-5 students per instructor	\$30



**KEEPING OUR COMMUNITY SAFE:** Sessions may be suspended or canceled based on community spread of COVID-19.

The Missoula City-County Health Department has set a [countywide goal](#) to average 25 or fewer COVID-19 cases per week, per 100,000 people.

Fewer cases help keep our schools open, maintain hospitals' capacity, protect essential services, and protect the vulnerable.

CLASS	ACTIVITY	DAYS	DATES	TIME	SECTION	# LESSONS	FEE Regular/Resident/Annual Pass	NOTES
Preschool	1120202	M/W	Feb 1-17	11-11:40a	2AM8	6	34.50/27.75/26.25	
Preschool	1120202	T/Th	Feb 2-18	11-11:40a	2AM9	6	34.50/27.75/26.25	
Preschool	1120202	T/Th	Feb 2-18	4-4:40p	2EVE9-A	6	34.50/27.75/26.25	
Preschool	1120202	Sat	Feb 20-Apr 3	10:30-11:10a	2AM7	6	34.50/27.75/26.25	
Preschool	1120202	M/W	Feb 22-Mar 10	11-11:40a	3AM8	6	34.50/27.75/26.25	
Preschool	1120202	T/Th	Feb 23-Mar 11	11-11:40a	3AM9-A	6	34.50/27.75/26.25	
Preschool	1120202	T/Th	Feb 23-Mar 11	4-4:40p	3EVE9-A	6	34.50/27.75/26.25	
Preschool	1120202	M/W	Mar 22-Apr 7	11-11:40a	4AM8-A	6	34.50/27.75/26.25	
Preschool	1120202	T/Th	Mar 23-Apr 8	11-11:40a	4AM9-A	6	34.50/27.75/26.25	
Preschool	1120202	T/Th	Mar 23-Apr 8	4-4:40p	4EVE9-A	6	34.50/27.75/26.25	
Preschool	1120202	M/W	Apr 12-28	11-11:40a	5AM8	6	34.50/27.75/26.25	
Preschool	1120202	T/Th	Apr 13-29	11-11:40a	5AM9	6	34.50/27.75/26.25	
Preschool	1120202	T/Th	Apr 13-29	4-4:40p	5EVE9-A	6	34.50/27.75/26.25	
Swim School	1130203	T/TH	Feb 2-18	4-4:40p	2PM9-A	6	34.50/27.75/26.25	
Swim School	1130203	T/TH	Feb 2-18	5-5:40p	2PM9-B	6	34.50/27.75/26.25	
Swim School	1130203	Sat	Feb 20-Apr 3	9:30-10:10a	2AM7-A	6	34.50/27.75/26.25	No Class Mar 20
Swim School	1130203	Sat	Feb 20-Apr 3	10:30-11:10a	2AM7-B	6	34.50/27.75/26.25	No Class Mar 20
Swim School	1130203	T/TH	Feb 23-Mar 11	4-4:40p	3PM9-A	6	34.50/27.75/26.25	
Swim School	1130203	T/TH	Feb 23-Mar 11	5-5:40p	3PM9-B	6	34.50/27.75/26.25	
Swim School	1130203	T/TH	Mar 23-Apr 8	4-4:40p	4PM9-A	6	34.50/27.75/26.25	
Swim School	1130203	T/TH	Mar 23-Apr 8	5-5:40p	4PM9-B	6	34.50/27.75/26.25	
Swim School	1130203	T/TH	Apr 13-29	4-4:40p	5PM9-A	6	34.50/27.75/26.25	
Swim School	1130203	T/TH	Apr 13-29	5-5:40p	5PM9-B	6	34.50/27.75/26.25	
Butterfly-Breaststroke	1130205	T/TH	Feb 2-18	5-5:40p	2PM9-B	6	34.50/27.75/26.25	
Butterfly-Breaststroke	1130205	Sat	Feb 20-Apr 3	9:30-10:10a	2AM7-A	6	34.50/27.75/26.25	No Class Mar 20
Butterfly-Breaststroke	1130205	T/TH	Mar 23-Apr 8	5-5:40p	4PM9-B	6	34.50/27.75/26.25	
Front Crawl-Backstroke	1130204	T/TH	Feb 23-Mar 11	5-5:40p	3PM9-B	6	34.50/27.75/26.25	
Front Crawl-Backstroke	1130204	T/TH	Apr 13-29	5-5:40p	5PM9-B	6	34.50/27.75/26.25	

**Please Note:**  
If a class is not available for [online registration](#), it may have been suspended due to local COVID-19 case counts.  
  
Private lessons, and lessons for associated groups (daycares, preschools) may still be available when public group lessons are suspended. Email us at [learnit@ci.missoula.mt.us](mailto:learnit@ci.missoula.mt.us) for more information.  
  
View current case numbers and more COVID info here: [missoulainfo.com/covid-10-trends](http://missoulainfo.com/covid-10-trends).

REGISTER ONLINE AT [WWW.MISSOULAPARKS.ORG/REGISTER](http://WWW.MISSOULAPARKS.ORG/REGISTER) OR PHONE 721-PARK (7275.)