



# Bill Heddles Recreation Center Winter/Spring Swimming Lessons & Safety Programs



## Group Swim Lessons (ages 3-12) \$40

T / Th Morning	M / W Evening	Sat. Morning	M / W Morning
WNT/SPR Session 1 <b>Jan 29 - Feb 28</b> NO classes Feb. 19 & 21 8x 30min lessons	WNT/SPR Session 2 <b>Mar. 4-27</b>  8x 30min lessons	WNT/SPR Session 3 <b>Mar. 2 - 30</b>  5x 40min lessons	WNT/SPR Session 4 <b>Apr. 1 - May 1</b> NO classes Apr. 15 & 17 8x 30min lessons
<b>9-9:30am</b>	<b>5:30-6 PM</b>	<b>9-9:40am</b>	<b>9-9:30am</b>
Level 1    101-1A	Level 1    102-1A	Level 2    103-1A	Level 1    102-1E
<b>9:45-10:15am</b>	Level 2    102-1B	Level 3    103-1B	<b>9:45-10:15am</b>
Level 2    101-1B	<b>6:15-6:45 PM</b>	<b>9:45-10:25am</b>	Level 2    102-1F
	Level 2    102-1C	Level 1    103-1C	
	Level 3    102-1D	Level 3    103-1D	

For more program information please call  
970-874-0923 and ask for Amanda or Ashley.

### Parent / Tot Swimming

Come join us for a two-hour tutorial where you will learn some tools that can help your infant/toddler become comfortable in the water, and better prepare them to enter swim lessons.

**Friday Feb. 1<sup>st</sup>**  
9-11am; \$25

**Friday Mar. 1<sup>st</sup>**  
9-11am; \$25

**Friday Apr. 5<sup>th</sup>**  
9-11am; \$25

Open to ages 6 months to 3 years.

Parent(s) must be in the water with the child, and children must wear a swim diaper during the class.

### Private Swim Lessons \$75 (5x 30min Lessons)

One-on-one student & instructor. Open to ages 5 and older ONLY.

**January** (begins Jan. 14<sup>th</sup>) 104 1A      **March** (Mar. 1-30) 104 1C  
**February** (Feb. 1 - 28) 104 1B      **April** (Apr. 1-30) 104 1D

### Semi-Private Swim Lessons \$40 per student (5x 30min Lessons)

A maximum of three students, of similar skill level, per instructor. Ages 5 and older ONLY.

**January** (begins Jan. 14<sup>th</sup>) 105 1A      **March** (Mar. 1-30) 105 1C  
**February** (Feb. 1 - 28) 105 1B      **April** (Apr. 1-30) 105 1D

The Aquatics department does not arrange students for semi-private lessons. Please get your group of students arranged (max of 3) and then register them all together for the lessons.

### Babysitters Training Class February 22<sup>nd</sup> & 23<sup>rd</sup> 9am-5pm

Participants must be 11 or older  
Class cost: \$60  
American Red Cross babysitting courses can help you provide quality care to children of all ages. Our course includes topics such as choosing age-appropriate activities, basic child care, like bottle feeding, child behavior, leadership, professionalism, safety, starting a babysitting business, and more.

### Lifeguard Training Classes

**Jan. 2-5**  
9am-5pm

**Apr. 15-19**  
9am-5pm

**May 28-Jun 1**  
9am-5pm

Certification includes CPR & 1stAid  
Participants must be 15 or older  
Class cost: \$100.

Call The Nature Connection for scholarship information for this program. 970-872-5910

### CPR/AED/First Aid

**Sat. Feb 9<sup>th</sup>**  
9am-5pm

**Sat. April 6<sup>th</sup>**  
9am-5pm

Class cost: \$80  
Certification includes: Adult, Child & Infant CPR, AED and basic First Aid.  
Participants must be 12 and up.