



City of Goodyear 2019 Swim Lessons Adult/Teen Lesson

Purpose

American Red Cross Adult Swim is designed for participants 15+ years of age. The purpose of Adult/Teen Swim is to introduce basic aquatic skills and swimming strokes, including front crawl, breaststroke, and elementary backstroke.

Description

This class is designed to introduce participants to three basic strokes to increase their comfortability in and around water. Participants will also learn skills and concepts to stay safe around water, in addition to those needed to help themselves or others in an aquatics emergency.

Prerequisites

None

Exit Skill Assessment

None

Adult/Teen Classes Offered Summer 2019

Classes are small in size to give participants the opportunity to work closely with an instructor to learn how to swim; minimum participation 3, maximum 6.

Session 1: May 20 - 31 – No class May27

No classes offered at this time

Session 2: June 3 - 13

6:40 pm

Session 3: June 17 - 27

6:40 pm

Session 4: July 1 - 12 - No class July 4

6:40 pm

Session 5: July 15 - 25

6:40 pm