



Aquatics Academy

Currents swim lessons are 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!

Parents are welcome on deck, lesson supervisors are available to field your questions.

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 Refine 4 different swim strokes

For advanced 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 9.)

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.

Choosing the right swim class

- Currents swim lessons provide high quality, affordable instruction.
- Currents' warm, shallow water provides a comfortable learning environment.
- Instructors create a playful learning atmosphere where kids look forward to their classes and learn through focused fun.
- Children under 3 should be enrolled in Parent/Child lessons, 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 9.)

Swim Lesson Pricing

NUMBER OF CLASSES	4	5	6	7	8
Regular Fee	\$23	\$28.75	\$34.50	\$40.25	\$46
CityCard Discount	\$18.50	\$23.50	\$27.75	\$32.50	\$37
Annual Pass Holder	\$17.50	\$22.00	\$26.25	\$30.75	\$35

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 Learn fundamental 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



Private Swim Lessons

Learn to swim with your family or close friends!

Private lessons are scheduled on an individual basis and geared to meet your swimmer's specific needs.

Complete the Private Lesson Request form at missoulaparks.org, email CurrentsSwimLessons@ci.missoula.mt.us, or stop by Currents 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



Swim Squad • Ages 6+

Swim Squad is designed for kids who can swim the length of the pool without stopping and are looking for new challenges in the water. Swim Squad is a great introduction to competitive swimming. Children will improve their swimming skills, learn turns, how to read a pace clock and build endurance while gaining the benefit and experience of a team environment. Once a child has attended at least 10 practice sessions, they will earn a Swim Squad Shirt!

For: Youth who have completed and passed at least one introductory level Stroke School course (Front/Back Crawl or Breast/Fly) through Parks and Recreation, or are capable of swimming at least 20 yards Front Crawl and 20 yards Back Crawl without stopping for rest.

Dates	Jan. 4 – May 24* (*No practice March 22, 24, May 26 is the Just for Fun Swim Meet)
Day/Time	Tuesdays and Thursdays, 4-5 pm
Fee	10-practice card \$35/28 • 20-practice card \$60/48
Activity #	1130209
Activity # 1130212 Just For Fun Swim Meet, May 26, 4 - 5:30 pm, \$7	

Parent/Child • Activity #1110201

DAYS	DATES	TIME	SECTION	CLASSES	FEE
M/W	Jan 3 - 12	11:00-11:30a	1AM8	4	\$23/18.50/17.50
Tu/Th	Jan 4-13	5:30-6p	1PM9A1	4	\$23/18.50/17.50
Sat	Jan 8-29	10:45-11:15a	1AM7	4	\$23/18.50/17.50
M/W	Jan 31 - Feb 9	11:00-11:30a	2AM8	4	\$23/18.50/17.50
Tu/Th	Feb 1-10	5:30-6p	2PM9A1	4	\$23/18.50/17.50
Sat	Feb 5-26	10:45-11:15a	2AM7	4	\$23/18.50/17.50
M/W	Feb 28 - Mar 9	11:00-11:30a	3AM8	4	\$23/18.50/17.50
Tu/Th	Mar 1-10	5:30-6p	3PM9A1	4	\$23/18.50/17.50
M/W	Mar 28 - Apr 6	11-11:30a	4AM8	4	\$23/18.50/17.50
Tu/Th	Mar 29 - Apr 7	5:30-6p	4PM9A2	4	\$23/18.50/17.50
Sat	Apr 2-23	10:45-11:15a	4AM7	4	\$23/18.50/17.50

Swim School • Activity #1130203

DAYS	DATES	TIME	SECTION	CLASSES	FEE
T/Th	Jan 4-27	5:30-6:10p	1PM9A	8	\$46/37/35
T/Th	Jan 4-27	6:15-6:55p	1PM9B	8	\$46/37/35
Sat	Jan 8-29	10-10:40a	1AM7A	4	\$23/18.50/17.50
Sat	Jan 8-29	10:45-11:25a	1AM7B	4	\$23/18.50/17.50
T/Th	Feb 1-24	5:30-6:10p	2PM9A	8	\$46/37/35
T/Th	Feb 1-24	6:15-6:55p	2PM9B	8	\$46/37/35
Sat	Feb 5-26	10-10:40a	2AM7A	4	\$23/18.50/17.50
Sat	Feb 5-26	10:45-11:25a	2AM7B	4	\$23/18.50/17.50
T/Th	Mar 1-15	5:30-6:10p	3PM9A	5	\$28.75/23.50/22
T/Th	Mar 1-15	6:15-6:55p	3PM9B	5	\$28.75/23.50/22
T/Th	Mar 29-Apr 21	5:30-6:10p	4PM9A	8	\$46/37/35
T/Th	Mar 29-Apr 21	6:15-6:55p	4PM9B	8	\$46/37/35
Sat	Apr 2-23	10-10:40a	4AM7A	4	\$23/18.50/17.50
Sat	Apr 2-23	10:45-11:25a	4AM7B	4	\$23/18.50/17.50

Preschool • Activity #1120202

DAYS	DATES	TIME	SECTION	CLASSES	FEE
M/W	Jan 3-26	11:00-11:40a	1AM8	8	\$46/37/35
T/Th	Jan 4-27	11:00-11:40a	1AM9	8	\$46/37/35
T/Th	Jan 4-27	5:30-6:10p	1PM9A	8	\$46/37/35
T/Th	Jan 4-27	6:15-6:55p	1PM9B	8	\$46/37/35
Sat	Jan 8-29	10-10:40a	1AM7A	4	\$23/18.50/17.50
Sat	Jan 8-29	10:45-11:25a	1AM7B	4	\$23/18.50/17.50
M/W	Jan 31-Feb 23	11:00-11:40a	2AM8	7*	\$40.25/32.50/30.75
T/Th	Feb 1-24	11:00-11:40a	2AM9	8	\$46/37/35
T/Th	Feb 1-24	5:30-6:10p	2PM9A	8	\$46/37/35
T/Th	Feb 1-24	6:15-6:55p	2PM9B	8	\$46/37/35
Sat	Feb 5-26	10-10:40a	2AM7A	4	\$23/18.50/17.50
Sat	Feb 5-26	10:45-11:25a	2AM7B	4	\$23/18.50/17.50
M/W	Feb 28-Mar 16	11:00-11:40a	3AM8	6	\$34.50/27.75/26.25
T/Th	Mar 1-15	11:00-11:40a	3AM9	5	\$28.75/23.50/22
T/Th	Mar 1-15	5:30-6:10p	3PM9A	5	\$28.75/23.50/22
T/Th	Mar 1-15	6:15-6:55p	3PM9B	5	\$28.75/23.50/22
M/W	Mar 28-Apr 20	11:00-11:40a	4AM8	8	\$46/37/35
T/Th	Mar 29-Apr 21	11:00-11:40a	4AM9	8	\$46/37/35
T/Th	Mar 29-Apr 21	5:30-6:10p	4PM9A	8	\$46/37/35
T/Th	Mar 29-Apr 21	6:15-6:55p	4PM9B	8	\$46/37/35
Sat	Apr 2-23	10-10:40a	4AM7A	4	\$23/18.50/17.50
Sat	Apr 2-23	10:45-11:25a	4AM7B	4	\$23/18.50/17.50

Front Crawl / Backstroke • Activity #1130204

DAYS	DATES	TIME	SECTION	CLASSES	FEE
T/Th	Jan 4-27	6:15-6:55p	1PM9B	8	\$46/37/35
Sat	Jan 8-29	10-10:40a	1AM7A	4	\$23/18.50/17.50
T/Th	Feb 1-24	6:15-6:55p	2PM9B	8	\$46/37/35
T/Th	Mar 29-Apr 21	6:15-6:55p	4PM9B	8	\$46/37/35
Sat	Apr 2-23	10-10:40a	4AM7A	4	\$23/18.50/17.50

Butterfly/Breaststroke • Activity #1130205

DAYS	DATES	TIME	SECTION	CLASSES	FEE
Sat	Feb 5-26	10-10:40a	2AM7A	4	\$23/18.50/17.50
T/Th	Mar 1-15	6:15-6:55p	3PM9B	5	\$28.75/23.50/22