



## LARTIGUE AQUAMAN SWIM LESSONS PRIVATE & SEMI-PRIVATE

It's important to know how to swim, even in the mountains where we are surrounded by rivers, lakes and streams. Many of you would like to go sailing, scuba diving, kayaking, flyfishing or even participate in a triathlon, but you have anxiety around water. Participants in these lessons will initially learn the basics of how to hold their breath in the water, front float, back float, roll from a face-down position to a face up back float, and all of the skills/mechanics that will lead to the five basic/major swim strokes from FRONTSTROKE, BACKSTROKE, ELEMENTARY BACKSTROKE, BREASTSTROKE, AND SIDESTROKE. Depending on the person's ability and agility, each stroke could be learned approximately in 9-12 sessions. Those more advanced will learn how to also swim the BUTTERFLY Stroke and tips for Fitness, Endurance and Competitive Swimming!

**CHILD or ADULT BEGINNER (Water Exploration/Primary Skills):** Intro to basic water skills – for non-experienced swimmers; helps participants feel comfortable in water and ultimately get them ready and able to swim 5 yards with support to without support. Success with fundamental skills is goal.

**CHILD or ADULT ADVANCED BEGINNER (Stroke Readiness):** This participant is already comfortable in the water and able to swim 5 yards without support; gives participants success with fundamental skills and arm stroke/breathing development.

**CHILD or ADULT INTERMEDIATE (Stroke Improvement):** This participant is already comfortable swimming 15 yards on front and back; builds on the skills from Advanced Beginner through additional guided practice in deeper water and learning other swimming strokes as backstroke, breaststroke, & sidestroke.

**CHILD OR ADULT SWIMMER (Stroke Refinement and Proficiency):** participant can already swim 25 yards with side breathing; develops confidence in the skills learned and improves other aquatic skills. At Proficiency level, participant can already swim 50 yards freestyle, backstroke and breaststroke; further enhances strokes so student swims with more ease, efficiency, power and smoothness over greater distances.

**SCHEDULE:**

<b>TIMES</b>	<b>WEDNESDAYS</b> or as schedule allows
by Appt. preferably Mid-Day	by Appointment
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**LOCATION:** WHITEWATER INN HOTEL POOL or SPANISH PEAKS CLUB via your Membership Access  
**WHAT YOU WILL NEED (For Whitewater Access)** Swim Pass for Child \$20 and Adult \$50  
 Payable to Whitewater Inn

**COST FOR PRIVATE LESSON:** 1 student: \$30 per 30 min. session  
 2 students \$50 (\$25 per student) per 1hr session

Payable to Bradford Lartigue,  
 Water Safety Instructor & Masters Swimmer

To register: email or call Brad Lartigue: [bradlartigue@gmail.com](mailto:bradlartigue@gmail.com) or 406-646-6595