



Opportunity

Meets

Desire

SUNDAY EVENINGS!

161201 - ADULT LEVEL 1 at 5:40

Adult Swim Level 1 introduces basic aquatic skills and swimming strokes. Participants will work on breath control, comfort moving into horizontal positions on front and back, and standing from a horizontal position. Gaining comfort and confidence while moving in the water, whether walking or swimming, will be a focus.

161202 - ADULT LEVEL 2 at 5:00

Adult Swim Level 2 will seek to develop the basic strokes for fitness and confidence around water. The Front crawl, Elementary Backstroke, and Back stroke will be introduced and refined as needed. This is a goal oriented class to move participants forward in comfort and enjoyment of the water for lifetime activities.

Silverthorne.org

970-262-7392