



Turn to the Best in Swimming Instruction

The Trails Recreation Center offers American Red Cross Based Swim Programs for All Ages and Abilities

Parent and Tot Aquatics

Parents and children (ages 6 months up to 3 years) learn together to increase a child's comfort level in the water and build a foundation of basic skills

Preschool Learn-to-Swim

Level 1- Beginner
Level 2-Basic Strokes
Level 3-Intermediate
Advanced Preschool-Stroke Development

Learn-to-Swim

Red Cross Learn-to-Swim features six levels of instruction to help swimmers of all ages and abilities develop their skills.

Level 1 – Beginner
Level 2 – Basic Strokes
Level 3 – Advanced Beginner; stroke development
Level 4 – Intermediate; stroke improvement
Level 5 – Stroke Refinement
Level 6 – Swimming and Skill Proficiency

Adult Learn-to-Swim

Teens and Adults can increase their comfort level in the water and build a foundation of basic strokes.

Private Swimming Lessons:

Private Swimming Lessons are available to all abilities ranging from beginner to competitive swimmer

For more information about the Learn to Swim Program offered at this location, contact Jascha at 303-269-8430.