

**CARA Swim Team**

An introduction to competitive swimming including: freestyle, backstroke, breaststroke and butterfly. Continued stroke development and an introduction to swimming in a productive team environment are also developed.

**Age Recommendation:** 6 – 16 years or pass skills test at Level 5

For more information contact the Pool Manager at (303) 655-2213.

Must be comfortable in the deep and shallow ends of the pool. Needs to be able to perform front and back crawl with rhythmic breathing unassisted for 25 yards. The swimmers will be swimming the length of the pool during practices, so this is a requirement.

**Cost \$80**

<b>Day</b>	<b>Dates</b>	<b>Time</b>	<b>Session</b>
Mon/Wed	Jan 9–Apr 12	5:30-6:45 p.m.	312003A

**Location: Brighton Recreation Pool**

**Swim Meet Dates**

<b>February 26</b>	<b>Westminster</b>
<b>March 11</b>	<b>Longmont</b>
<b>March 25</b>	<b>Thornton</b>

