

## American Red Cross Learn to Swim Program

As an accredited Red Cross affiliate, your child will receive the quality and consistency that the Red Cross provides. When choosing a class for your child it is important to look at both the age and skill level. Improper placement can lead to frustration for the parent, instructor and child. Registration deadline is the 3 days before each class.

### SWIM LESSON RULES

Parents/Guardians must be present in the aquatic center during their child's swim lesson.

Children are not permitted to enter the water before class begins and must exit promptly when class ends.

While class is in session, please do not interrupt the class or instructor. We do however; appreciate you help in disciplining your child if needed.

If the instructor feels that the participant is not enrolled in the appropriated level, he/she will notify the Aquatics Supervisor.

Classes may be combined due to insufficient numbers.

There will not be any make-ups or credits given for personal absences.

### CLASS DESCRIPTIONS

#### **Parent & Child Aquatics Level 1 – 6-17 months**

This class is for parents to introduce their children to the water through games and songs. Skills practiced include floating on front & back, kicking, arm action, blowing bubbles and underwater exploration, all with parental support.

#### **Parent & Child Aquatics Level 2 – 18 months-3 years**

This class is for children who have already taken Parent & Child Aquatics Level 1 or who are just starting lessons for the first time. This class reviews and expands on the skills learned in Level 1 by adding arm action and kicking to teach the basic movements of swimming. Instructor will show parents how to teach their children through games & songs.

#### **Preschool – Water Exploration – Ages 3-4**

This class is for children who are beginner swimmers. Skills taught include submerging head, blowing bubbles, front and back float, alternating arm and leg actions on front and back (front crawl and back crawl), simultaneous arm and leg actions (breaststroke and elementary backstroke), basics of treading and water safety.

#### **Level 1 – Introduction to Water Skills – Ages 5 & up**

Skills taught include submerging head, blowing bubbles, front and back float, alternating arm and leg actions on front and back (front crawl and back crawl), simultaneous arm and leg actions (breaststroke and elementary backstroke), basics of treading and water safety.

#### **Level 2 – Fundamental Aquatic Skills – Ages 5 & up**

This class is for children who have passed all of the skills taught in Level 1, and those who are comfortable having their face in the water. Skills taught include front and back float without support, gliding, front and back crawl, elementary backstroke, breaststroke, swimming on side, and treading.

#### **Level 3 – Stroke Development – Ages 6 & up**

Students must be able to support themselves in the water and have some level of endurance to participate in this class. This class is based on developing strokes such as front crawl, back crawl, elementary backstroke, and development of breaststroke and butterfly kick. Students learn to dive from the seated position, rotary breathing and the basics of treading water.

#### **Level 4 – Stroke Improvement – Ages 6 & up**

This class is for students who know the basics of each stroke and have enough endurance to swim a length of the pool. Skills taught include defining the specifics of each stroke such as front crawl, back crawl, breaststroke, butterfly, elementary backstroke and learning sidestroke. Students will also learn treading water independently and open turns.

#### **Level 5 – Stroke Refinement – Ages 6 & up**

This level focuses on building endurance and refining strokes such as front crawl, breaststroke, butterfly, back crawl, elementary backstroke, and sidestroke to perfection. Students learn starts, flip turns, and variations of treading water. Students must know rhythmic breathing and have proper body positioning and motion during strokes for this level.

#### **Level 6 – Fitness Swimming and Personal Water Safety – Ages 6 & up**

Based mainly on endurance and each stroke must be close to perfection. Students learn the fundamentals of fitness swimming, water exercise, turns, and safety skills.