

RED CROSS

LEARN TO SWIM CLASSES

For Children Age 4 and Over

(Participants Per Class: Min: 5; Max: 7)

- Participant must be the required age by the first day of class.
- **Participant may not make up missed classes.**
- All classes will have a short safety presentation as required by the American Red Cross.

LEVEL 1 Introduction To Water Skills

The objectives of Level 1 are to learn basic personal water safety information and skills, to help participants feel comfortable in the water and enjoy the water safely. Level 1 includes elementary water skills and participants start developing positive attitudes, good swimming habits, and safe practices in and around the water.

LEVEL 2 Fundamental Aquatic Skills

Purpose is to give students success with fundamental skills. This class marks the beginning of locomotion skills. Participants further develop simultaneous and alternating arm and leg actions on the front and back and lay the foundation for future strokes.

LEVEL 3 Stroke Development

Purpose is to build on the skills in Level 2 through guided practice. Participants will learn survival float, swim front crawl and elementary backstroke. Participants will be introduced to the scissor and dolphin kick and build on the fundamentals of treading water.

LEVEL 4 Stroke Improvement

For students who have passed Level 3 or can demonstrate proficiency in Level 3 skills. Participants will improve their skills and increase their endurance by swimming familiar strokes for greater distances. Participants add the arms to the scissor kick for the sidestroke. Participants will also learn the back crawl, breaststroke and butterfly and the basics of turning at a wall.

LEVEL 5 Stroke Refinement

For students who have passed Level 4 or can demonstrate proficiency in Level 4 skills. The objectives of this level are coordination and refinement of all the strokes. Flip turns on the front and back are also introduced.

LEVEL 6 Swimming and Skill Proficiency

The objectives of this level are to refine strokes so participants swim them with more ease, efficiency, power and smoothness and over greater distances. Prepares participants for more advanced courses, such as the Water Safety Instructor course, or other aquatic activities, such as competitive swimming or diving.

PARENT-TOT

(6 Months - 3 Yrs.) 30 min class American Red Cross parent and child aquatics familiarizes young children to the water and prepares them to learn to swim. This course gives parents safety information and teaches techniques to help orient their children to the water.

PRESCHOOL

(3-4 Yrs.) 30 min class

Preschool Aquatics, consisting of three levels, is an integral part of the overall Red Cross instructional aquatic and water safety program. This course promotes developmentally appropriate learning of fundamental water safety and aquatic skills by young children 3-4 years of age.