

Red Cross Swim Lessons 2018

Swimmer must pass the previous level or be able to complete the exit skills for the previous level.

Class size is dependant on the number of instructors available, the wait list will only consist of 2 children per class.

PROGRAM		FOR AGES:	PREREQUISITES:	DESCRIPTION:		EXIT SKILLS REQUIRED TO GET TO NEXT LEVEL:
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PARENT & CHILD:

Level 1		6 months to 3 years	None	Introduces basic skills to parents and children. Parents are taught to safely work with their child. Children are introduced to basic skills.		We will be offering a combined Parent/Child class.
Level 2		6 months to 3 years	None	Builds on skills introduced in Level 1. Improve on these skills and learn more advanced skills.		We will be offering a combined Parent/Child class.

PRESCHOOL

Level 1		Ages 4-5	None	Learn basic aquatic skills, start developing good attitudes and safe practices around the water.		1. Enter independently, using either the ladder, steps or side, travel 5 yards, submerge to mouth and blow bubbles then exit water safely. 2. Glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to vertical position.
Level 2		Ages 4-5	Pass Preschool Level 1 or demonstrate exit skills from Level 1	Build on basics from PS Level 1. Most skills are performed with assistance. Marks the beginning on independent locomotion skills.		1. Glide on front at least 2 body lengths, roll to back for 5 seconds then recover to a vertical position. 2. Glide on back at least 2 body lengths, roll to front, float for 5 seconds then recover to vertical position. 3. Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 5 seconds, roll to front then continue swimming on front for 3 body lengths.
Level 3		Ages 4-5	Pass Preschool Level 2 or demonstrate exit skills from Level 2.	Builds on skills from PS Levels 1 & 2 by providing guided practice of skills with more proficient performance levels, greater distances and times. Skills are performed independently.		The following skills are done INDEPENDENTLY : 1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to vertical position. 2. Back float for 5 seconds, rolls to front then recover to vertical position. 3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths.

Note: A child who completes Preschool Aquatics Level 1 or 2 and is 6 years old may enroll in LTS 2.
A child who completes Preschool Aquatics Level 3 and is 6 years old may enroll in LTS 3.
Children must be 6 years old by the first day of classes, per session, to register for LTS levels.

PROGRAM		FOR AGES:	PREREQUISITES:	DESCRIPTION:	EXIT SKILLS REQUIRED TO GET TO NEXT LEVEL:
LEARN TO SWIM (LTS):					
LTS 1	Introduction to Water Skills	Ages 6 & up	None	Learn basic personal water safety information & skills. Help students feel comfortable in the water and enjoy water safely. Learn elementary aquatic skills.	1. Enter water independently, travel 5 yards, bob 3 times then safely exit the water. 2. With support, glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position.
LTS 2	Fundamental Aquatic Skills	Ages 6 & up	Pass LTS 1 or demonstrate exit skills from LTS 1	Will give students success with fundamental skills. Will learn to float without support. Marks the beginning of true locomotion skills. Will lay the foundation for future strokes.	1. Step from side into chest-deep water, move into front float for 5 seconds, roll to back and float for 5 seconds then return to vertical position. 2. Move into a back float for 5 seconds, roll to front then recover to a vertical position. 3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths.
LTS 3	Stroke Development	Ages 6 & up	Pass LTS 2 or demonstrate exit skills from LTS 2	Will build on previously learned skills by providing additional guided practice. Will learn survival float, front crawl and elementary backstroke. Will be introduced to scissors and dolphin kicks. Will learn rules for headfirst entries and how to enter the water headfirst from a seated position.	Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.
LTS 4	Stroke Improvement	Ages 6 & up	Pass LTS 3 or demonstrate exit skills from LTS 3	Will develop swimmer's confidence. Will improve their skills and increase endurance. Will learn the arms for the sidestroke. Will also learn backcrawl, breaststroke and butterfly.	1. Perform feet-first entry into deep water, swim front crawl for 25 yards, change direction and position, and swim elementary backstroke for 25 yards. 2. Swim breaststroke for 15 yards, change direction and position, and swim backcrawl for 15 yards.
LTS 5	Stroke Refinement	Ages 6 & up	Pass LTS 4 or demonstrate exit skills from LTS 4	Objectives are coordination and refinement of strokes. Will refine performance of all the strokes (front/backcrawl, butterfly, breast, elementary, side) and increase the distances. Flip turns are introduced.	1. Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel, and swim elementary backstroke for 50 yards. 2. Swim breaststroke for 25 yards, change direction and position of travel, and swim backcrawl for 25 yards.
LTS 6	Swimming and Skill Proficiency	Ages 6 & up	Pass LTS 5 or demonstrate exit skills for LTS 5	Objectives are to refine strokes to swim with more ease, power and efficiency. Three options offered: Personal Water Safety, Fundamentals of Diving, and Fitness Swimmer.	1. Swim 500 yards continuously using any 3 strokes, swimming 50 yards of each stroke. 2. Jump into deep water, perform a survival float for 5 mins, roll onto back and perform a back float for 5 minutes. 3. Perform a feet-first surface dive, retrieve an object from the bottom of the pool at a depth of 7-10 feet, return to surface and return to starting point.