



RED CROSS SWIMMING LESSONS - DESCRIPTION OF LEVELS

The ages listed are guidelines. Children should be enrolled according to their skill.

Parent & Child Aquatics: For ages 6 months to about 3 years old as it is designed to give young children a head start on swimming. Great for children to get comfortable in the water and begin to work on basic skills while interacting with instructor and other children in a fun and safe environment. **PLEASE**

NOTE: A parent (or adult) must accompany the child in the water.

Preschool Aquatics: For children ages 4 – 5. Designed to orient preschool-age children to the aquatic environment and to begin working on basic aquatic skills such as enter & exit the water, blow bubbles through mouth & nose, go under water, bobbing, front & back glides, retrieve submerged objects and learn how to stay safe in the water.

Learn To Swim Program for children starting at age 6

Level I: Water Exploration –**Children learn basics of swimming:** bobbing, floating in prone and supine positions, gliding in prone and supine positions, flutter kick in prone and supine positions, front crawl, basic safety rules, and jumping in.

Level II: Primary Skills - **Children should already be able to:** float on front and back and put head under water. **Children will work on:** floating, gliding, flutter kick, front crawl, back crawl, turning over from front to back and back to front, retrieving object, and jumping into water over their head.

Level III: Stroke Readiness - **Children should already be able to:** swim front and back crawl. **Children will work on:** gliding, front crawl, back crawl, elementary backstroke, retrieving object, treading water, jumping into deep water, kneeling dive, and compact dive.

Level IV: Stroke Development - **Children should already be able to:** swim front and back crawl 10 yards, elementary backstroke, and dive in kneeling and compact position. **Children will work on:** deep water bobbing, rotary breathing, front crawl, back crawl, elementary backstroke, scissors kick and sidestroke, whip kick and breaststroke, intro to turning at wall, treading water with modified scissors, breaststroke, rotary kicks, and diving in stride and standing positions.

Level V: Stroke Refinement - **Children should already be able to:** swim front and back crawl 25 yards, elementary backstroke 10 yards, scissors kick, whip kick, treading water, and diving. **Children will work on:** alternate breathing, stride jump, diving from board, long shallow dive, front and back crawl, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, open turn on front and back, feet-first surface dive, and treading water

Level VI: **Children should already be able to:** swim front and back crawl 50 yds, elementary backstroke 25 yards, breaststroke 25 yards, butterfly 25 yards, sidestroke 10 yards, tread water for 3 minutes, and dive. **Children will work on:** All six strokes, front and back crawl flip turn, breaststroke turn, breaststroke speed turn and pullout, butterfly turn, sidestroke turn, pike and tuck surface dive, pike and tuck dive from board, tread water for five minutes, and basic water rescue.

GuardStart: This class is intended for those who are interested in becoming a lifeguard in the future.

Course Offerings	Dates	Days of Week	Times	Fee
Parent/Child - (6 months - 3 years)				
Level 1 (6 months-1 year)	June 15 - July 1	Tues, Thurs	11:45-12:15 p.m.	\$15.00
Level 2 (2 and 3 year olds)	June 15 - July 1	Tues, Thurs	12:15-12:45 p.m.	\$15.00
Level 1 (6 months-1 year)	July 6 - July 22	Tues, Thurs	7:30-8:00 p.m.	\$15.00
Level 2 (2 and 3 year olds)	July 6 - July 22	Tues, Thurs	7:30-8:00 p.m.	\$15.00

Preschool - (4 and 5 year olds)				
Level 1	June 14 - July 2	Mon, Wed, Fri	11:45-12:15 a.m.	\$20.00
Level 1	June 14 - July 2	Mon, Wed, Fri	12:15-12:45 p.m.	\$20.00
Level 1	July 5 - July 23	Mon, Wed, Fri	7:30-8:00 p.m.	\$20.00
Level 2 (Completed PS Level 1)	July 5 - July 23	Mon, Wed, Fri	7:30-8:00 p.m.	\$20.00
Level 2 (Completed PS Level 1)	July 5 - July 23	Mon, Wed, Fri	7:30-8:00 p.m.	\$20.00

Learn to Swim				
Level 1 (6 year olds or Completed PS Level 3)	June 7 - June 17	Monday - Friday	10:35	\$25.00
	June 21 - July 1	Monday - Friday	9:45	\$25.00
	July 5 - July 16	Monday - Friday	7:30 pm	\$25.00
	July 19 - July 30	Monday - Friday	10:35	\$25.00
Level 2 (Completed LTS Level 1)	June 7 - June 17	Monday - Friday	9:45	\$25.00
	June 21 - July 1	Monday - Friday	10:35	\$25.00
	July 5 - July 16	Monday - Friday	7:30 pm	\$25.00
	July 19 - July 30	Monday - Friday	9:45	\$25.00
Level 3 (Completed LTS Level 2)	June 7 - June 17	Monday - Friday	10:35	\$25.00
	June 21 - July 1	Monday - Friday	9:45	\$25.00
	July 5 - July 16	Monday - Friday	7:30 pm	\$25.00
	July 19 - July 30	Monday - Friday	10:35	\$25.00
Level 4 (Completed LTS Level 3)	June 7 - June 17	Monday - Friday	9:45	\$25.00
	June 21 - July 1	Monday - Friday	10:35	\$25.00
	July 5 - July 16	Monday - Friday	7:30 pm	\$25.00
	July 19 - July 30	Monday - Friday	9:45	\$25.00
Level 5 (Completed LTS Level 4)	June 7 - June 17	Monday - Friday	10:35	\$25.00
	June 21 - July 1	Monday - Friday	9:45	\$25.00
	July 5 - July 16	Monday - Friday	7:30 pm	\$25.00
	July 19 - July 30	Monday - Friday	9:45	\$25.00
Level 6 - Personal Water Safety	June 7 - June 17	Monday - Friday	9:45	\$25.00
Level 6 - Fundamentals of Diving	June 21 - July 1	Monday - Friday	10:35	\$25.00
Level 6 - Fitness Swimmer	July 19 - July 30	Monday - Friday	10:35	\$25.00

*All Learn to Swim Classes are 40 minutes in length.

*Registrations are taken on a first come, first serve basis. Classes are open until filled

*The last Friday of LTS classes are a built in make-up day.

*Let us know if you are 13 or 14 years of age and interested in the GuardStart program.

