

RED CROSS COURSE DESCRIPTIONS:

The Red Cross Program is a recognized swim program instructed by certified staff. It is typical for each child to repeat levels several times before mastering all skills. The staff will test skills at the first class and recommend another level, if one appears more appropriate for your child's ability. Make-up les-

Parent & Baby Class

(6-24 mos.): Classes are 30 mins.

This will be the first class your child will attend in the water. Great experiences and fun activities are provided to teach infants and young children beginning skills. A swim diaper must be worn. Parents MUST accompany children in the water.

Participants learn to:

- Enter and exit water safely
- Feel comfortable in the water
- Play safely in the water
- Experience wearing life jacket
- Submerge and explore breath control
- Explore floating on the back and front

Sometimes the Parent & Baby and Parent & Tot class will be taught together.

Parent & Tot Class

(24-48 mos.): Classes are 30 mins.

This class will build upon skills learned in the Parent & Baby Class. Using fun activities and skill practice children will continue to learn beginning skills. A swim diaper must be worn for children who are not trained. Parents MUST accompany children in the water.

Participants learn to:

- Learn more ways to enter & exit water safely
- Submerge in a rhythmic pattern
- Glide on front and back with assistance
- Perform combined stroke on front/back with aid
- Change body position in the water
- Experience wearing life jacket in the water

Preschool Level A

(Ages 4-5): Classes are 30 mins.

This is your child's first class of lessons without mom or dad. In this level your child is introduced to basic skills that will lay the foundation for future skill development of swimming strokes.

Participants learn to:

- Enter water on own & swim at least 5 yds
- Submerge mouth and blow bubbles for 3 sec.
- Exit the water safely
- Glide on front for at least 2 body lengths
- Roll to back and float for 3 seconds

Preschool Level B

(Ages 4-5): Classes are 30 mins.

This class builds on skills taught in Pre-Level A. This course is for those students who are not afraid in the water and have had swim lessons on their own before.

Participants learn to:

- Step from the side into chest-deep water
- Move into a front float for 5 sec., rolling to back
- 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 to swim for 5 body lengths

Level 1: Intro. to Water Skills

Classes are 30 minutes. (Must be at least 6 years old at start of class)

Participants learn to:

- Enter and exit water safely
- Open eyes underwater, pick up submerged item
- Swim on front & back using arm and leg actions
- Submerge mouth, nose and eyes
- Float on front and back
- Exhale underwater through mouth and nose
- Explore arm and hand movements
- Use a life jacket; follow basic water safety rules

Level 2: Fundamental Skills

Classes are 30 minutes.

Participants learn to:

- Enter by stepping or jumping from the side
- Open eyes underwater
- Swim on front & back using combined strokes
- Move in the water while wearing a life jacket
- Exit water safely using ladder or side
- Float on front and back; swim on side
- Tread water using arm and leg motions
- Submerge entire head
- Perform front and back glide
- Roll over from front to back, back to front
- Pick up a submerged object

Level 2B: Reinforcement of Fundamental Skills

Classes are 30 minutes.

Participants learn to:

- Bob with head submerged
- Jump into chest deep water
- Tread water for 30 seconds
- Introduction of survival float in deep water
- Use of life jacket/HELP and HUDDLE position
- Change from horizontal to vertical position on front & back
- Dive from sitting and kneeling position
- Perform front and back crawl
- Pick up a submerged object in chest deep water

Level 3: Stroke Development

Classes are 1 hour.

Participants learn to:

- Jump into deep water from the side
- Bob with the head fully submerged
- Perform survival float
- Perform the HELP and Huddle position
- Dive from kneeling or standing position
- Use rotary breathing in horizontal position
- Perform front & back crawl & front & back glide
- Perform a reaching assist
- Submerge and retrieve an object
- Butterfly—kick and body motion
- Use Check-Call-Care in an emergency
- Change from horizontal to vertical position on front and back

Level 4: Stroke Improvement

Classes are 1 hour.

Participants learn to:

- Do shallow dive or dive from stride position
- Tread water using sculling arm motions & kick
- Perform front and back crawl
- Perform open turns on front & back
- Swim underwater
- Swim breaststroke, butterfly & elem. backstroke
- Care for conscious choking victim
- Swim on side using scissors-like kick
- Perform a throwing assist
- Use safe diving rules
- Perform feet-first surface dive
- Perform compact jump into water from a height while wearing a life jacket

Level 5: Stroke Refinement

Classes are 1 hour.

Participants learn to:

- Tread water with two different kicks
- Perform standing, tuck & pike surface dives
- Perform rescue breathing
- Perform front & backstroke flip turns
- Swim butterfly & breaststroke & sidestroke
- Learn survival swimming
- Perform front/back crawl & elem. backstroke
- Perform shallow dive, glide two body lengths and begin any front stroke

Level 6: Swimming & Skill Proficiency:

Classes are 1 hour.

Level 6 is designed with "menu" options that each focus on preparing students to participate in more advanced courses, such as Water Safety Instructor and Lifeguard Training courses. These options include: Personal Water Safety, Fundamentals of Diving & Fitness Swimmer.

Guard Start:

This course gives 11 to 14 year olds a jump start on lifeguarding skills. This pre-guard curriculum contains five units including: prevention, fitness, response, leadership and professionalism. The student will not become a certified lifeguard, but will learn skills that will be a part of the lifeguard course offered at 15 years old.

Private Lessons (All Ages)

Private lessons are available and are set-up to meet each individual's needs. For parents who wish their child to have one on one instruction or for adults who are terrified of the water or just need to work on stroke refinement or guided skill practice.

