

RED CROSS COURSE DESCRIPTIONS:

The Red Cross Program is a recognized swim program instructed by certified staff. It is typical for a child to repeat a level 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 lessons are not available for students who miss a regularly scheduled class.

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

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 learn 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 and exit water safely
- Submerge in a rhythmic pattern
- Glide on front and back with assistance
- Perform combined stroke on front & back with assistance
- 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 the water on own using ladder, steps or side and travel at least 5 yards
- Submerge mouth and blow bubbles for at least 3 seconds
- 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 (formerly "Little Swimmers"). 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 seconds, 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

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 apart of the lifeguard course offered at 15 years old.

Stroke Improvement: (This is not a Red Cross Course)

This course is geared for students ages 12-18 who want to be on the swim team. This course will refine strokes, turns and starts. The student must be a level 6 swimmer or have permission from the instructor.

Private Lessons (All ages)

Private lessons are available and are designed to meet each individual's needs. Private lessons are ideal for parents who want 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. **Adult Fee:** \$20 per 30 minute lesson.

Level 1: Introduction to Water Skills: Classes are 30 minutes. (Must be at least 6 years old) **Participants learn to:**

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

Level 2: Fundamental Aquatics Skills: Classes are 30 minutes. **Participants learn to:**

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

Level 3: Stroke Development: Classes are 1 hour. **Participants learn to:**

Jump into deep water from the side	Dive from kneeling or standing position	Submerge and retrieve an object
Bob with the head fully submerged	Use rotary breathing in horizontal position	Perform front and back glide
Perform survival float	Perform front and back crawl	Butterfly—kick and body motion
Perform the HELP and Huddle position	Perform a reaching assist	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:**

Shallow dive or dive from stride position	Swim underwater	Swim on side using scissors-like kick
Tread water using sculling arm motions & kick	Perform breaststroke and butterfly	Perform a throwing assist
Perform front and back crawl	Perform Elementary backstroke	Use safe diving rules
Perform open turns on front/back using a stroke	Care for conscious choking victim	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 rescue breathing	Learn survival swimming
Perform standing dive	Perform front & backstroke flip turns	Perform front and back crawl
Perform tuck & pike surface dives	Use butterfly & breaststroke & sidestroke	Perform elementary 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.**

