



2011 "LEARN-TO SWIM"

American Red Cross Youth Swim Lessons

DESCRIPTION of American Red Cross "LEARN-TO-SWIM" CLASSES

Swim Lesson Placement Sessions – Need help deciding which level is right for your swimmer!

Offered at Keyes Pool the Tuesday before the start of each session. Drop in between 5:00-7:00 PM.

- Session 1 Placement: June 21
- Session 3 Placement: July 19
- Session 2 Placement: July 5
- Session 4 Placement: August 2

*These are placement sessions only not swim lessons.

LEVEL	PURPOSE	COURSE CONTENT INCLUDES
<p><i>Aqua Animals</i> Water Familiarization</p>	<ul style="list-style-type: none"> * Develops swimming readiness by teaching children how to have fun in the water * Follows Red Cross Infant & Preschool Aquatic Program 	<ul style="list-style-type: none"> * Floating and gliding * Basic movements and kicks * Safety * Floating on back and underwater exploration
<p><i>Level 1</i> Water Exploration</p>	<ul style="list-style-type: none"> * Orientation to aquatic environment * Create a sound foundation for aquatic and safety skills 	<ul style="list-style-type: none"> * Supported floating and kicking on front and back * Alternating arm action * Water safety rules * How to get help in an emergency * Reaching assists without equipment * Fundamentals of using a life jacket
<p><i>Level 2</i> Primary Skills</p>	<ul style="list-style-type: none"> * Expand on fundamental aquatic locomotion and safety skills 	<ul style="list-style-type: none"> * Floating and kicking on front and back * Rhythmic breathing * Combined stroke on front and back * Turning over front to back, back to front * Reaching and extension assists.
<p><i>Level 3</i> Stroke Introduction</p>	<ul style="list-style-type: none"> * Increase swimming skill competency * Practice safety and rescue skills 	<ul style="list-style-type: none"> * Fundamentals of elementary backstroke * Jumping into deep water with life jacket * Diving from side of pool * Treading water * Self-rescue skills * Rescue breathing
<p><i>Level 4</i> Stroke Development</p>	<ul style="list-style-type: none"> * Develop confidence and competency in strokes and safety skills beyond preceding levels * Introduction of breast stroke and side stroke 	<ul style="list-style-type: none"> * Deep-water bobbing * Dive from side of pool from stride and standing position * Breast stroke and side stroke * Turns at the wall * Familiarity with CPR.
<p><i>Level 5</i> Stroke Refinement</p>	<ul style="list-style-type: none"> * Continue refinement of front crawl, back crawl, crawl, elementary back stroke, breast stroke, and side stroke * Introduce butterfly, surface dives and springboard diving 	<ul style="list-style-type: none"> * Alternate breathing * Swimming underwater * Butterfly * Open turns of front and back * Diving safety * Beginning diving progression from diving board
<p><i>Level 6</i> Skill Proficiency</p>	<ul style="list-style-type: none"> * Develop maximum efficiency and endurance for strokes * Introduce surface dives * Introduce flip turns 	<ul style="list-style-type: none"> * Approach and hurdle on diving board * Tuck and pike surface dive * Alternative kicks for treading water * Throwing rescues * Turning spinal injury victim face up * Approach stroke