

# American Red Cross Swim Lesson Programs

## PARENT & CHILD (6 mos. to 3 years)

The objective of this class is to help young children become comfortable in and around the water so they are ready to learn to swim. Parent/guardian participation is REQUIRED. Under the direction of an instructor, parents learn how to orientate their child to the water, and how to safely supervise water activities. Parents are encouraged to let children progress at their own pace.

**Level 1** - 6 months to 18 months

**Level 2** - 18 months to 3 years of age

## PRESCHOOL AQUATICS (4 & 5 years of age)

The primary objective is to promote the developmentally appropriate learning of fundamental water safety and aquatic skills. Classes have a low student to instructor ratio.

**Level 1** - Basic aquatic skills with support.

**Level 2** - This level marks the beginning of independent aquatic locomotion skills.

**Level 3** - Skills in this level are performed independently. This level is similar to the early skills of the Learn to Swim Level 2.

## LEARN TO SWIM LEVELS (6 years+)

**Level 1** - Students learn elementary aquatic skills, which they build on as they progress through the six levels.

**Level 2** - Students **learn** to float without support and begin front crawl and back crawl.

**Level 3** - The objective is to build on the skills on Level 2 by providing additional guided practice along with introducing elements of new strokes such as butterfly and elementary backstroke. Other skills taught include treading water and head-first entries into deep water.

**Level 4** - Students increase endurance in the strokes learned thus far and learn breaststroke and sidestroke.

**Level 5** - The objective is coordination and refinement of strokes. Students increase their distances and learn additional skills such as flip turns.

**Level 6** - Students refine strokes so they can swim with more ease, efficiency, power, and smoothness over greater distances. This level focuses on preparing students to participate in more advanced courses, such as Water Safety Instructor or Lifeguard Training.

**Adult Beginners** - These lessons are for adults wanting to gain more confidence in the water or refine their strokes. A personal approach and low student to instructor ratio allows this class to be open for all levels of swimming ability.



Registration begins  
May 9th at KRC

## Swimming Lesson Fees

### Parent & Child

\$15 Resident \$20 Non-resident

### Preschool Aquatics & Level 6

\$35 Resident \$45 Non-resident

### Level 1 - Level 5

\$30 Resident \$40 Non-resident

### Adult Beginners

\$30 Resident \$35 Non-resident

## Private Swim Lessons

30 minute sessions

\$12 members \$14 non-members

**Rainout Procedure:** Classes are not cancelled until 15 minutes prior to the start of class. Classes cancelled due to weather will be held on scheduled rain dates.

**Morning Outdoor Lessons  
Highland Community Pool**

*\* Parent & Child meets Tuesday, Wednesday, & Thursday the 1st week and Tuesday & Wednesday, with a rain date of Thursday the 2nd week.*

**Parent & Child Level 1 (30 min.)**

July 5th - July 13th . . . . . 11:45am

July 19th - July 27th . . . . . 12:15pm

**Parent & Child Level 2 (30 min.)**

July 5th - July 13th . . . . . 12:15pm

July 19th - July 27th . . . . . 11:45am

*\* Preschool classes & Levels 1- 6 meet Monday - Thursday with a rain date of Friday, with the exception of July 8th.*

**Preschool Level 1 - Level 3 (50 min.)**

June 20th - June 30th . . 10:30am & 11:30am

July 5th - July 14th . . . 10:30am & 11:30am

July 18th - July 28th . . . 10:30am & 11:30am

**Level 1 - Level 5 (50 min.)**

June 20th - June 30th . . 10:30am & 11:30am

July 5th - July 14th . . . 10:30am & 11:30am

July 18th - July 28th . . . 10:30am & 11:30am

**Level 6 (50 min.)**

June 20th - July 8th . . . . . 11:30am

July 11th - July 28th . . . . . 11:30am

**Evening Outdoor Lessons  
Highland Community Pool**

*\* Preschool & Level 1-5 meet Mondays and Wednesdays, with the exception of July 4th.*

**Preschool Level 1 - Level 3 (50 min.)**

June 20th - July 18th . . . 6:00pm & 7:00pm

Rain date July 20th & July 25th

**Level 1 - Level 5 (50 min.)**

June 20th - July 18th . . . 6:00pm & 7:00pm

Rain date July 20th & July 25th

**Evening Indoor Lessons  
Korte Recreation Center**

*\* Parent & Child meets Monday, Wednesday, & Friday the 1st week and Mon. & Wed. the 2nd week, with the exception of July 15th.*

**Parent & Child Level 1 (30 min.)**

June 20th - June 29th . . . . . 6:00pm

July 6th - July 15th . . . . . 6:30pm

July 18th - July 27th . . . . . 6:00pm

**Parent & Child Level 2 (30 min.)**

June 20th - June 29th . . . . . 6:30pm

July 6th - July 15th . . . . . 6:00pm

July 18th - July 27th . . . . . 6:30pm

**Adult Beginners (45 min.)**

*\*Class meets Tuesdays & Thursdays.*

July 12th - July 28th . . . . . 7:45pm



**⇒ INSTRUCTOR'S NOTE**

Students may sign up for more than one session. Please register for the same level of each class for each session, as it is difficult to predict each individual's rate of advancement. As your child advances, please notify us and we will work with you to make appropriate changes.