



New American Red Cross Swim Lesson Guide

<p><u>Infant & Toddler Classes</u> (30 min. class) (6 months-5 years) *The following classes require parents to be in the water with their child and are 30 minutes long. *Children who are not potty trained must wear a waterproof swim diaper.</p>	<p><u>3 – 5 Years of Age</u> (30 min. class) *Parents are not permitted to be in the water with their child in the class. *Child must be 3 yrs of age by the first day of class. *Child must be disciplined enough to follow instructor, enjoy getting their faces wet, and no longer have separation anxiety.</p>	<p><u>6 Years of Age and Over</u> (45 min. class) *Children must be six years of age by the first day of class. *Children should be comfortable with instructor based class and no parental assistance.</p>
<p><u>Bubble Babies (PARENT & CHILD 1)</u> (6 months-18 months) Parent & Child 1 formerly Bubble Babies Provides experiences and activities for children to- Learn to ask permission to enter the water Learn how to enter and exit the water in a safe manner Feel comfortable in the water Explore submerging to the mouth, nose, eyes and completely Explore buoyancy on the front and back position Change body position in the water All with parental support</p> <p><u>Toddling Turtles (PARENT & CHILD 2)</u> (18 months – 36 month) Parent & Child 2 formerly Toddling Turtles. Builds upon the skills learned in Parent and Child 1 and provides experiences and activities for children to- Establish expectation for adult supervision Learn more ways to enter and exit the water in a safe manner Explore submerging in a rhythmic pattern Glide on the front and back with assistance Change body position in the water Experience wearing a life Jacket All with parental support</p> <p><u>Water Exploration</u> (3 yrs-5 yrs) Water Exploration is a new addition to our program, and was added to help those children who are not quite ready to leave their parents, or have had no experience in swim lessons before. This class was designed to gradually shift the child’s dependency onto the instructor and relieve some of that separation anxiety. The skills include all of those taught in level I, only with parental assistance for the first four lessons. This class is strongly recommended for children who are not ready to take level I by themselves, or are afraid of the water. (In the warm water therapy/instructional pool.)</p>	<p><u>Level I: Intro to Water Skills</u> This class is for children who are at least 3 years old and no longer have a fear of the water or separation anxiety. Skills taught include submerging head & blowing bubbles, basics of front & back floats, alternating arm & leg actions on front & back (front crawl & back crawl), simultaneous arm & leg actions (breaststroke & elem. backstroke), basics of treading & water safety.</p> <p><u>Level II: Fundamental Aquatic Skills</u> Level II is for children who have passed all of the skills taught in level I, & those that are comfortable with having their face in the water. Skills taught include floating on front & back without support, gliding, combined arm & leg actions on front & back (front & back crawl, elem. backstroke & breaststroke), swimming on side, & treading.</p> <p><u>Level III: Stroke Development</u> Level III is a class based on developing strokes such as front crawl, back crawl, elementary backstroke, & development of the breaststroke & butterfly kick. Students learn diving, rotary breathing, & to tread water independently. Students must be able to support themselves in the water, including deep water, and have some level of endurance to participate in this class.</p>	<p><u>Level I: Intro to Water Skills</u> *See description under (3-5 yrs)</p> <p><u>Level II: Fundamental Aquatic Skills</u> *See description under (3-5 yrs)</p> <p><u>Level III: Stroke Development</u> *See description under (3-5 yrs)</p> <p><u>Level IV: Stroke Improvement</u> Level IV is for those students who know the basics of each stroke and have enough endurance to swim a length of the pool. Skills include defining the specifics of strokes such as front crawl, breaststroke, butterfly, back crawl, elem. backstroke, and learning sidestroke. Students learn standing dives, treading water independently, and open turns.</p> <p><u>Level V: Stroke Refinement</u> This level focuses on building endurance and refining strokes such as front crawl, breaststroke, butterfly, back crawl, elem. backstroke, & sidestroke to perfection. Students learn starts, flip turns, and variations of treading water. Students must know rhythmic breathing and have proper body positioning and motion during strokes for this level.</p> <p><u>Level VI: Fitness Swimming & Personal Water Safety</u> Level VI is based mainly on endurance, and each stroke must be close to perfection. Students learn the fundamentals of fitness swimming, water exercise, turns, and safety skills.</p>
<p><u>Adults (13 years & over)</u> *Classes are 45 min. <u>Beginners (Levels I-III)</u> This class is for individuals who have little or no previous experience in the water. In this class, students learn breath control, floating, kicking, and the basics of each stroke. <u>Advanced (Levels IV-VI)</u> This class is for individuals who are comfortable in the water and have a general understanding of each stroke. The focus of this level is to perfect each stroke and build on endurance.</p>	<p><u>Junior Life Guarding</u> To be announced</p> <p><u>Life Guard Training</u> Ages 15 & over</p>	<p>All questions regarding appropriate class level or specific swim lesson information must be directed to the Swim Lesson Coordinator prior to registration by calling (330) 971-8398. Swim level placement test are available by appointment at no charge. The aquatics staff reserves the right to make final decisions on class placement.</p>