



2009 "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 Wednesday before the start of each session. Drop in between 5:00-7:00 PM.

- ☐ **Session 1 Placement: June 24** ☐ **Session 3 Placement: July 22**
☐ **Session 2 Placement: July 8** ☐ **Session 4 Placement: August 5**

*These are placement sessions only not swim lessons.

LEVEL	PURPOSE	COURSE CONTENT INCLUDES
Level 1 Water Exploration	<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
Level 2 Primary Skills	<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.
Level 3 Stroke Introduction	<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
Level 4 Stroke Development	<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.
Level 5 Stroke Refinement	<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
Level 6 Skill Proficiency	<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