

AMERICAN RED CROSS GROUP SWIM LESSONS

September 20, 2004 - January 16, 2005

All classes meet 1 day per week. (14 weeks)

If you are not certain of your child's placement, assessment will be conducted on the first day of the fourteen-week program. Please direct any inquiries or questions to Nancy DeRoma at 508-653-4633 ext. 209

American Red Cross Class Levels & Descriptions

Water Babies (w/ Parent): Recommended Ages: 6 months - 36 months, a parent/child class which helps to introduce children to the water through a variety of games and songs. Parents will learn different techniques, which can be applied outside of the class.

Water Tots (w/o Parent): Recommended Ages: 3 years - 5 years, designed to provide the non-swimmer with a safe, fun introduction to the water. Students may wear "Bubbles", although some instructors prefer that they try the class without them. Please check with your child's instructor.

Level 1 introduction to Water Skills: Purpose: Helps students feel comfortable in the water. Participants learn to enter and exit water safely, float on front and back, open eyes under water, submerge to pick up object. Submerge mouth, nose and eyes. Explore arm and hand movements, exhale under water. Explore swimming on front and back. Use a life jacket. Follow basic water safety rules.

Level 2 Fundamental Aquatic Skills: Purpose: Gives students success with fundamental skills. Participants will learn how to tread water, glide on front and back, float on front and back, explore swimming on side, roll over from front to back, back to front, enter water by stepping or jumping from the side, open eyes under water, submerge head to retrieve objects, swim on front and back using combined strokes. Move in water while wearing life jacket and perform rhythmic breathing.

Level 3 Stroke Development: Purpose: Build on the skills of Level 2 through additional guided practice. Participants learn to jump in to deep water from the side, perform rotary breathing, perform butterfly kick and body motion, and change from vertical to horizontal position on front and back. Dive from sitting or kneeling position, survival float, submerge fully and retrieve object, swim front crawl, bob with head fully submerged, swim back crawl.

Level 4 Stroke Improvement: Purpose: Develops confidence in the skills learned and improves other aquatic skills such as the front and back crawl, dive from compact or stride position, swim breast stroke, tread water using sculling arm motions and kick, swim underwater, swim elementary backstroke, use safe diving rules, perform feet-first surface dive, swim on side using scissor kick, coordinate butterfly and performs open turns on front and back.

LEVEL 5 Stroke Refinement: Purpose: Provides further coordination and refinement of the following strokes: front crawl, elementary backstroke, back crawl, sidestroke, breaststroke and the butterfly. Participants also learn to perform front flip turns, treading water with two different kicks, backstroke flip turn, tuck and pike surface dives.

Adult Lessons: Instructor: Robin Carroll - This class is for adults who don't have any prior formal swimming experience. Participants will learn the fundamentals of different strokes & will be taught at their own pace.

Stroke & Endurance Training: This training program is a place where your swimmer, can fine-tune their strokes and work on strength and endurance. This program prepares children for competitive swimming, without the stress of any competitions outside of class.