

## \*\*\*NEW Red Cross Swimming Lessons\*\*\*

### Parent & Child Aquatics

#### Aqua-Baby

is designed for children between the ages of **6months-23months** and their parents. The purpose of the course is to familiarize children with the water and teach swimming readiness skills. In addition, provides safety information for parents and teaches appropriate supports/holds for in the water.

**Parents must accompany their child in water. There is a minimum of 4 children and a max of 8 for this class.**

#### Aqua-Tot

is designed for children between **24months-35months** and their parents who are introduced to basic swimming and safety skills. This class will also build on skills learned in Aqua-Baby along with preparing and encouraging their child to fully try skills by themselves. Along with laying the basic foundation for independent swimming skills for more advanced skills. **Parents must accompany their child in water. There is a minimum of 2 children and a max of 4 to ensure your child's safety.**

#### Aqua-Toddler

is designed for children **3yrs of age**. This class will build on skills introduced in Aqua-Tot along with improving on these skills and learning more advanced skills. In this class children will build on safety topics in and around pools. **Parents have the option to explore the water with their children. If a teacher feels a parent needs to participate with their child you may be asked to join them. There is a minimum of 3 children and a max of 6 for this class.**

### Preschool Aquatics

This Class must have **a minimum of 3 children and a max of 6.**

**Preschool Aquatics** classes are designed for children **4 and 5 years of age**. The purpose of the course is to facilitate developmentally appropriate learning of fundamental water safety and aquatic skills.

#### Guppies

are designed to teach young preschoolers about the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning how to be safe in and around the water.

#### Polliwogs

has participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and back. This level marks the beginning of independently practicing aquatic locomotion skills.

#### Tadpoles

have participants perform basic aquatic skills with greater proficiency, for longer distances and times. In addition, previously acquired water safety knowledge and skills are reinforced and expanded upon.

## School Aquatics

To enter level class's children must be **6yrs of age** the day the class starts. All Level classes must have a minimum of **3 children and a max of 6.**

### Level 1

Participants learn:

- Enter/Exit water safely
- Open eyes underwater and retrieve submerged object
- Front/Back floats and glides
- Swimming on front/back
- Safety Topics

### Level 2

Participates learn:

- Fully submerged and breath holding
- Rotary breathing
- Front/Back floats and glides
- Recover from front and back swimming positions
- Finning on back
- Treading
- Safety Topics

### Level 3

Participates learn:

- Dives
- Rotary breathing
- Survival floats
- Front Crawl
- Breaststroke
- Elementary backstroke
- Scissors kick
- Safety Topics

### Level 4

Participates learn:

- Swimming underwater
- Dives
- Front/Back Crawl open turns
- Treading water
- Refinement on strokes
- Safety Skills

### Level 5

Participates learns:

- Tuck/Pike dives
- Front/Back flip turns
- Endurance on strokes
- Safety Skills