

## We're proud to offer you

- Professional instructors who are certified American Red Cross Water Safety Instructors
- Learning made fun in a safe environment
- A balanced program that teaches swimming skills and how to be safe in the water
- An "all inclusive" comprehensive swimming and water safety program for everyone in the family—from infancy to adulthood



**Swim Levels:** For every level of Learn-to-Swim, our instructors follow a plan to introduce new swimming and water safety skills and build on previously learned skills. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim.

**Questions?  
Call the Aquatics Office!**

**466-2510**

## Aquatics Learn-To-Swim Schedule Winter/Spring 2023

**Session 1:** Jan 31-Feb 23, 2023

Registration: Saturday, Jan 21 from 9am-12pm at Aquatics office Bldg 3383

**Session 2:** March 7 - March 30

Registration: Saturday, Feb 25 from 9am-12pm at Aquatics office Bldg 3383

**Session 3:** April 11- May 4

Registration: Saturday, April 1 from 9am-12pm at Aquatics office Bldg 3383

*Classes will be held Tuesday and Thursday evenings at Mainside Pool*

### Class Times/Levels

5:00 - 5:30pm - Parent & Child, Preschool & Level 1

5:45 - 6:15pm - Level 2 & 3

6:30 - 7:00pm - Level 4, 5, 6 & Adult

**NOTE:** Times subject to change as needed based upon enrollment totals for each level

All lessons are \$60.00 per student per session. Each session includes eight, 30 minute classes. Cash, check or charge card is acceptable payment. Registration will only be accepted in person on registration day. All classes are subject to a minimum enrollment of 6 students.



## Aquatics Learn-To-Swim Schedule SPRING 2023

Classes will be held at Mainside Pool

Aquatics Office 466-2510

[mccscherrypoint.com/semper-fit/aquatics](http://mccscherrypoint.com/semper-fit/aquatics)



# American Red Cross Learn-To-Swim Classes

**Parent and Child Aquatics (PAC)** With the help of a parent or guardian, our PAC classes are for children ages 6 months through 3 years old.

**PAC Level 1** will help young children become comfortable in and around the water so when the time comes, they are ready to learn how to swim. Parent and Child Aquatics lays the foundation for future aquatic skills. Great experiences and fun activities are provided to teach infants and young children to:

- Enter and exit the water safely
- Feel comfortable in the water
- Submerge and explore breath control
- Explore floating on the back and front
- Change body position in the water

Parents, you also learn:

- How to hold and support your child in the water
- Valuable water safety information to make your family safer in and around the water

Once infants or young children are able to comfortably perform the skills in Level 1, they should progress to Parent and Child Aquatics Level 2.



In **PAC Level 2**, your child will:

- Learn more ways to enter and exit the water safely
- Submerge in a rhythmic pattern
- Change body position in the water
- Explore arm and leg actions to begin experiencing swimming

**Preschool Aquatics** consists of three levels of progressive swim instruction for children 3 to 5 years old. Preschool Aquatics put the “fun” in fundamentals. Each class is loaded with enjoyable, engaging and challenging activities that motivate children to want to perform and learn to swim. Children move through the three levels based on their mastery of the skills required at each level. After successfully demonstrating the completion requirements from each Preschool Level, children advance to an appropriate level depending on their developmental readiness, maturity level and age that will help determine which course is more appropriate next. It is quite common for children to participate in several of the pre-school sessions before they are able to successfully demonstrate all the skills. That’s okay! It is not important how quickly they move through a level, but that they achieve each skill.

**Level 1: Introduction to Water Skills** Your child is introduced to basic skills as the foundation for future skills. Certain milestones are necessary for successful completion of Level 1, including:

- Entering the water independently using ladder, steps or side
- Traveling at least 5 yards, bobbing 3 times then safely exiting the water
- Gliding on front supported at least 2 body lengths
- Rolling to a back float for 3 seconds with support
- Recovering to a vertical position with support

**Level 2: Fundamental Aquatic Skills** builds on skills learned in Level 1. Some of the milestones that are necessary for successful completion of Level 2 include:

- Stepping from the side into chest-deep water
- Moving into a front float for 5 seconds, rolling to back, floating for 5 seconds then recovering to a vertical position
- Pushing off and swimming using combined arm and leg actions on front for 5 body lengths then rolling to back

**Level 3: Stroke Development** milestones include:

- Jumping into deep water from the side
- Swimming the front crawl for 15 yards
- Maintaining position by treading or floating for 30 seconds

**Level 4: Stroke Improvement** milestones include:

- Swimming the front crawl for 25 yards
- Swimming the elementary backstroke for 25 yards
- Swimming the breaststroke for 15 yards

**Level 5: Stroke Refinement** milestones include:

- Performing a shallow-angle dive into deep water
- Swimming the front crawl for 50 yards
- Swimming the elementary backstroke for 50 yards

**Level 6: Fitness Swimmer** milestones include:

- Swimming 500 yards continuously using any 3 strokes of choice, swimming at least 50 yards of each stroke
- Demonstrating turns while swimming
- Demonstrating etiquette in fitness swimming
- Demonstrating various training techniques

**Level 6: Fundamentals of Diving** milestones include:

- Performing a two-part takeoff with a feet first entry from a 1-meter diving board
- Performing a two-part takeoff with a headfirst entry from a 1-meter diving board

**Level 6: Personal Water Safety** You learn more complex safety skills that may help you survive in an emergency.

