



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>Levels I- II - III</u> <u>3 – 5 Years of Age</u> (30 min. class/Max Students 5) *Parents are not permitted to be in the water with their child during 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>Levels I-II-III</u> <u>6 Years of Age and Over</u> (35 min. class/Max 6 students) <u>Levels -IV-V-VI</u> (45 min. class/Max 8 students) *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</u> (6 months-18 months W/Parents in the water) This class is an orientation class for parents to introduce the water to their babies through games and songs in our warm water therapy/instructional pool. Skills practiced include floating on back and front, kicking, blowing bubbles & underwater exploration (all with parental support).</p> <p><u>Toddling Turtles</u> (18 months – 3 yrs. W/Parents in the water) Toddling Turtles is for children who have already taken Bubble Babies, or who are just starting lessons for the first time. This class reviews and expands the skills learned in Bubble Babies by adding arm action with kicking to teach the basic movements of swimming. Instructor shows parents how to teach their children through games and songs in our Therapy/Instructional pool.</p> <p><u>Water Exploration</u> (3 yrs-5 yrs/Max students 6) 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. This class is strongly recommended for children who are not ready to take level I by themselves, or are afraid of the water. (This class meets in the Therapy/Instructional pool.)</p> <p><u>Parental assistance during the first four lessons is required</u></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 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: Diving, 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>

Updated 10/6/2020