

*All levels of water instruction correspond to those prescribed
by the American Red Cross swim instruction program.
All final program placements will be determined
by the instructor*

Level 1: Water Exploration

Students in Level I learn to become oriented, comfortable with an enjoy being in the water safely. Students will learn the basics of elementary aquatic skills which will be built upon higher levels. Students will also learn safe practices around the water. Level I create a sound foundation for aquatic and safety skills. This level is idea for the first year student and requires no prerequisites.

Upon completion of Level I students will be able to perform the following skills:

- Understand the basic water safety rules
- Fully submerge face for three seconds
- Blow bubbles
- Walk five yards in chest-deep water
- Supported kick on front and back
- Supported back float

Class Dates and Times:

This class will meet twice a week, either Monday/Wednesday or Tuesday/Thursday. It is very important that you attend the session that you have signed up for.

Monday/Wednesday

11:00am-11:30am

6/21

6/26

6/28

7/3

7/5

7/10

7/12

7/17

7/ 19

7/ 24

7/26

7/31

8/2***

Tuesday/Thursday

11:00am-11:30am

6/20

6/22

6/27

6/29

7/6

7/11

7/13

7/ 18

7/ 20

7/ 25

7/27

8/1

8/3***

****Make up dates: Make up dates will be used when class is canceled due to weather or by the instructor, **not if your are to miss a class.***

Level II: Primary Skills

Level II strives to successfully build upon fundamental swimming and water safety skills. Students will add to self-help, safety, and basic rescue skills learned previously in Level I. Students entering the course must be able to demonstrate the requirements of Level I

Upon completion of Level II students will be able to perform the following skills:

- Hold Breath and fully submerge head
- Submerge and retrieve objects in Chest-deep water
- Explore deep water with support
- Float/glide without support and recover
- Perform flutter kick on front and back with support
- Fining on back
- Combined stroke using kick/arm movement on front/back (support optional)

Class Dates and Times:

This class will meet twice a week, either Monday/Wednesday or Tuesday/Thursday. It is very important that you attend the session that you have signed up for.

Monday/Wednesday

11:45am-12:30pm

6/21

6/26

6/28

7/3

7/5

7/10

7/12

7/17

7/ 19

7/ 24

7/26

7/31

8/2***

Tuesday/Thursday

11:45am-12:30pm

6/20

6/22

6/27

6/29

7/6

7/11

7/13

7/ 18

7/ 20

7/ 25

7/27

8/1

8/3***

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Level III: Stroke Readiness

Level III students will increase swimming skill competency as they build upon the skills learned in Level II, while practicing water safety skills. Students will begin to learn the rules for safe diving and begin to learn to dive from the side of the pool. Students entering the Level III course must demonstrate all requirements for Level II.

Upon completion of Level III students will be able to perform the following skills:

- Understand save diving rules
- Retrieve objects in chest-deep water without support
- Bob, submerging head completely
- Jump into deep water from side of pool
- Dive from kneeling position
- Coordinate arms and breathing from front crawl
- Coordinate elementary backstroke
- Reverse direction while swimming on front
- Perform front glide
- Begin treading water

Class Dates and Times:

This class will meet twice a week, either Monday/Wednesday or Tuesday/Thursday. It is very important that you attend the session that you have signed up for.

Monday/Wednesday

12:35pm-1:20pm

6/21

6/26

6/28

7/3

7/5

7/10

7/12

7/17

7/ 19

7/ 24

7/26

7/31

8/2***

Tuesday/Thursday

12:35pm-1:20pm

6/20

6/22

6/27

6/29

7/6

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7/ 18

7/ 20

7/ 25

7/27

8/1

8/3***

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Level IV: Stroke Development

Students in Level IV will develop confidence and competency in strokes and safety skills. Students will be able to dive in two standing positions, and pass the “deep end test.” Breaststroke will also be introduced at the level. Students entering this level must demonstrate all requirements of Level III.

Upon completion of Level IV students will be able to perform the following skills:

- Perform rotary breathing
- Deep water bobbing
- Experiment with buoyancy and floating positions
- Demonstrate diving from pool side
- Tread water
- Front crawl
- Back crawl
- Elementary Backstroke
- Beginnings of breaststroke
- Turns at the wall

Class Dates and Times:

This class will meet twice a week, either Monday/Wednesday or Tuesday/Thursday. It is very important that you attend the session that you have signed up for.

<u>Monday/Wednesday</u>	<u>Tuesday/Thursday</u>
1:30pm-2:15pm	1:30pm-2:15pm
6/21	6/20
6/26	6/22
6/28	6/27
7/3	6/29
7/5	7/6
7/10	7/11
7/12	7/13
7/17	7/ 18
7/ 19	7/ 20
7/ 24	7/ 25
7/26	7/27
7/31	8/1
8/2***	8/3***

***Make up dates: Make up dates will be used when class is canceled due to weather or by the instructor, **not if your are to miss a class.**