

## **We offer American Red Cross Swim Lessons:**

Each course involves water safety instruction.

Our teachers evaluate their classes the first 2 days of lessons to be sure that swimmers are placed in the appropriate levels. They may move swimmers to other classes as necessary.

This is a summary of the skills to be mastered at each level.

### **Level 1: Beginner:** Introduction to water skills

This class is an introduction to swimming. Swimmers will learn to bob, open eyes under water, glide on their front and back, back float, and begin to use alternating arm movements. It is recommended that swimmers be 5 years old. The shallow end of our pool is 3 ½ feet deep.

### **Level 2: Beginner:** Fundamental Aquatic Skills

In this level, swimmers will master holding their breath under water, continue bobbing and opening eyes under water, learn front, jellyfish, tuck and back floats, tread water, begin rotary breathing, and move at least 5 body lengths.

### **Level 3: Intermediate:** Stroke development

Swimmers who pass level 3 will be able to jump into water over their heads, as well as enter the water head first from seated and kneeling positions. They will bob, and use the survival float for 30 seconds. They learn rotary breathing and float on both front and back for 1 minute. They must also swim the elementary backstroke and front crawl for 15 yards. They learn the flutter, scissors, breaststroke and dolphin kicks.

### **Level 4: Intermediate:** Stroke improvement

Skills at this level include diving, swimming under water, treading water and survival swimming for at least 1 minute. To pass this level, swimmers must also swim the front crawl and elementary backstroke (25 yards), as well as the breast stroke, back crawl, butterfly and side stroke (15 yards).

### **Level 5: Advanced:** Stroke refinement

Level 5 mastery includes shallow angle dives, tuck surface dives and pike surface dives as well as treading water (5 minutes), treading water using only legs, and sculling. To pass this course, a swimmer must swim the front crawl and elementary backstroke for 50 yards (2 pool lengths) and the breast stroke, butterfly, back crawl and sidestroke for 25 yards. They will perform front and back flip turns.

### **Level 6: Advanced:** Advanced Options

Advanced swimmers can dive into the pool and retrieve an object on the bottom of the pool (8 feet deep). They will swim the front crawl and elementary backstroke 100 yards and the breast stroke, back crawl, butterfly and sidestroke 50 yards, including swimming 500 yards continuously using any 3 strokes of their choice. They use open turns as well as front and back flips.