

# SWIMMING LESSONS Jan 6 – March 15, 2020

Lessons	Cost	Sundays Jan 12 – March 15	Tuesdays Jan 7 – March 10	Saturday Jan 11 – March 14
Starfish	Fee: \$75.40			
Duck		10:40am		
Sea Turtle		10:05am		
Sea Otter		2:40pm, 3:50pm, 4:25pm	4:00pm	9:00am, 9:35am
Salamander		2:00pm, 4:25pm		9:35am
Sunfish		2:00pm		
Crocodile		2:40pm		9:00am
Whale		2:40pm		9:00am
Swim Kids 1		3:15pm, 3:50pm		10:15am
Swim Kids 2				10:15am
Swim Kids 3		3:15pm		
Swim Kids 4			4:35pm	
Swim Kids 5			4:35pm	
Volunteer 1		4:25pm		
Volunteer 2			5:00pm	

## Transfer Red Cross Preschool to Red Cross Swim Kids (Children must be 6 years & older for Swim Kids)

If they took Red Cross Swim Preschool:	And the level was marked:	Then enroll them in Red Cross Swim Kids:
Starfish Level (holding head up to 12 months)	Complete or Incomplete	1
Duck Level (12 months to 24 months)	Complete or Incomplete	1
Sea Turtle Level (24 months to 36 months)	Complete or Incomplete	1
Sea Otter Level (3-5 years old)	Complete or Incomplete	1
Salamander Level (3-5 years old)	Complete or Incomplete	1
Sunfish Level (3-5 years old)	Incomplete	1
Sunfish Level (3-5 years old)	Complete	2
Crocodile Level (3-5 years old)	Incomplete	2
Crocodile Level (3-5 years old)	Complete	3
Whale Level (3-5 years old)	Incomplete	3
Whale Level (3-5 years old)	Complete	4

# Lesson Descriptions

**STARFISH:** (30 mins) holding head up – 12 months old. The goal of this orientation to water class is to experience buoyancy, movement, entries and songs and play in the water.

**DUCK:** (30 mins) 12 months – 24 months. Build confidence while enjoying the water through games, songs, and active water play. This level develops skills in swimming, glides and floating.

**SEA TURTLE:** (30 mins) 24 months – 36 months. Build confidence while enjoying the water through games, songs, and active water play. This level develops skills in swimming, glides and floating.

**SEA OTTER:** (30 mins) 3 -5 years old. Front and back floats assisted, glides, front swim 1M.

**SALAMANDER:** (30 mins) 3 -5 years old. Front and back floats, glides, roll overs, distance swim 2M.

**SUNFISH:** (30 mins) 3 – 5 years old. Front and back glides 5M, side glides with kick 2M, deep end floats, distance swim 5M.

**CROCODILE / WHALE:** (30 mins) 3 – 5 years old. Front and back glides, front and back swim, kicking drills with aid, surface support, deep water activities, distance swim 10M / 15M.

**SWIM KIDS 1:** (30 mins) 6+ years old. Submersion, unassisted front and back floats and glides, rollover glides (assisted), distance swim 5M.

**SWIM KIDS 2:** (30 mins) 6+ years old. Front glides 10M, back glides 5M, side glides (assisted) 5M, deep water activities, distance swim 10M.

**SWIM KIDS 3:** (30 mins) 6+ years old. Front glides 15M, back/slide glides 10M, deep end floats, surface support 20 seconds, front swim 10M, distance swim 15M.

**SWIM KIDS 4:** (30 mins) 6+ years old. Surface support 45 seconds, front crawl 10M, distances swim 15M.

**SWIM KIDS 5:** (30 mins) 6+ years old. Front and back crawl 15M, whip kick 10M, tread water 1 min, distance swim 50M.

**VOLUNTEER 1:** (30 mins) Working on level 6 and 7 skills.

**VOLUNTEER 2:** (30 min) Working on level 8, 9 and 10 skills.

## **VOLUNTEER LEADERSHIP SWIM**

Have you taken part in our summer volunteer leadership program? Would you like to become a lifeguard? Then why not continue with our swim programs.

We have designed a program to prepare you to be a lifeguard / instructor.

**Volunteer 1:** Level 6 and 7 skills.

**Cost: \$75.40**

**Volunteer 2:** Levels 8, 9 and 10 skills.