



American Red Cross
of the Tri-States Chapter

SWIMMING LESSONS REGISTRATIONS

3-DAY WALK-IN ONLY



American Red Cross
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Tuesday, May 4
9am-6pm

Wednesday, May 5
9am-4pm

Thursday, May 6
9am-4pm

SESSION I: June 14-23

SESSION II: June 28-July 7
PRESCHOOL - Level 5

SESSION III: July 12-21
Make-up after second missed class.

Kid Project must sign up for 1st or 3rd Sessions in the 10:00 am. slot only.

Parent Tot Lesson

Under age 4 child, who is getting used to the water. An adult must accompany, stay in the pool with, and teach the child, getting directions from the lifeguard. (30 minute lesson).

JULY 5-9 • 5-5:30 pm (3 yrs. old) and 5:30-6 pm (2 yrs. old & under)

Preschool – Child must be 4 years old by June 1, 2010

1. try to fully submerge face/blow bubbles with support
2. bobbing with support
3. rhythmic bobbing 10 times with support
4. front float with support/kickboard
5. back float with support
6. front and back glide 5' with support
7. jump in and out of water with support
8. pool and safety rules

LEVEL 1: INTRODUCTION TO WATER SKILLS

1. enter and exit pool using ladder, side or steps independently
2. fully submerge mouth, nose and eyes independently
3. open eyes underwater and pick up submerged object
4. front and back float with support
5. recover from both front and back float to stand, supported
6. change direction while paddling, supported
7. roll over from front to back and back to front, supported
8. explore treading arm and hand movements
9. front crawl arm stroke and kick 5', supported
10. back swim using any type of arm and leg kick, move 5', supported
11. pool + safety rules-buddy swim and recognizing a swimmer in distress

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

1. enter and exit pool in chest deep water, independently
2. submerge head 5 sec., open eyes underwater and pick up submerged object
3. front and back float, unsupported
4. recover from both front and back float to stand, unsupported
5. front and back glide 2 body lengths, unsupported
6. change direction while paddling, supported
7. roll over from front to back and back to front, unsupported
8. explore treading arm and leg movements in chest deep water, unsupported
9. front crawl arm stroke and kick 15', unsupported
10. finning and sculling on back, 10', unsupported
11. back swim using any type of arm and leg kick, move 15', unsupported
12. swim on side with alternating leg action 5', supported
13. pool + safety rules-swim with buddy, recognize a swimmer in distress + how to get help

LEVEL 3: STROKE DEVELOPMENT

1. jump into deep water, from side
2. head first entry from the side in a sitting or kneeling position, 9'
3. retrieve an object from bottom in chest deep water,
4. front and back glide 2 body lengths using 2 different kicks
5. survival float in deep water, 30 seconds
6. change from vertical to horizontal position on front and back in deep water
7. tread water 30 seconds in deep water
8. front and back crawl 15 yds
9. butterfly kick and body motion, 15
10. pool and safety rules, safe diving rules, reaching assists, and how to recognize a swimmer in distress

LEVEL 4: STROKE IMPROVEMENT

1. dive from side in compact or stride position, 9'
2. underwater swim 3 body lengths < 0:p>
3. feet first surface dives in 12'
4. survival float 1 minute in deep water
5. back float 1 minute in deep water
6. open turn using any stroke on front and back, then push off in a streamlined position
7. tread water 1 minute
8. front crawl and back crawl 25 yds
9. breaststroke, butterfly, and elementary backstroke 15 yds
10. pool and safety rules, safe diving rules, HELP and huddle positions 1 minute, and reaching assists

LEVEL 5: STROKE REFINEMENT

1. shallow dive, 9'
2. shallow dive, glide 2 body lengths, then begin any front stroke, 9'
3. swim underwater 15 yds
4. tuck and pike surface dives
5. survival float 2 minutes
6. back float 2 minutes
7. front and back flip turns
8. tread water 2 minutes
9. front and back crawl, 50 yds
10. butterfly, breaststroke, elementary backstroke 25 yds
11. side stroke using scissor's kick, 15 yds
12. compact jump from height wearing life jacket
13. helping others: throwing assist, care for conscious choking victim

LEVEL 6: PERSONAL WATER SAFETY (Session V-July 26-30 • 10:30- noon)

1. front and back crawl-100 yds
2. breaststroke, elementary backstroke, sidestroke, butterfly: 50 yds
3. front crawl, backstroke, and sidestroke open turns
4. front crawl flip turn, breaststroke turn, butterfly turn and backstroke flip turn
5. review: HELP + huddle positions 2 min., feet first, pike and tuck surface dives
6. survival swimming 2 minutes
7. rescue breathing 2 minutes

LIFEGUARD READINESS (Session V-July 26-30 • 10:30- noon)

1. front and back crawl-100 yds
2. breaststroke, elementary backstroke, sidestroke, butterfly: 50 yds
3. front crawl, backstroke, and sidestroke open turns
4. front crawl flip turn, breaststroke turn, butterfly turn and backstroke flip turn
5. review: HELP + huddle positions 2 min., feet first, pike and tuck surface dives
6. demonstrate: Check-call-care, call for emergency help, care for conscious choking victim
7. demonstrate: reaching and throwing assists, rescue breathing
8. tread water 5 min. 12', tread water kicking only 12', 2 min
9. compact jump into water from height with rescue tube
10. front crawl and breaststroke with rescue tube trailing
11. surface dive and retrieve brick from 10'
12. swim on back holding brick keeping face out of water
13. wading assist with equipment, walking assist, beach drag, hip and shoulder support, head splint, using a backboard and 2 person removal from water

Visit www.cityofdymersville.com for all Lifeguard Certification classes.