



# American Red Cross Class Descriptions

YOUTH LEVELS	Student Learning Objectives
Parent & Child Aquatics– <b>DUCKLINGS</b> \$50 residents/ \$60 non 24 months-3 years With Parent	Prior to registering, child must be able to hold up head. Parent/Guardian Must attend each class. Objectives of this course are for the participant to gain confidence with Water adjustment; have fun & enjoyment of the water; while learning cues, blowing bubbles, float with assistance on front and back, and coordinated arm, hand, and leg movements.
<b>Little People</b> (Preschool Aquatics) Ages 3-5 no parent \$50 residents \$60 non-residents	Objectives of this course are to: Independently enter and exit the water; Float on front and back with & without assistance; kicking while on front & back; blowing bubbles, bobbing. Jumping from the side with a prompt & following directions. Totally submerged face & body; grab an object from the bottom and fun & enjoyment of the water. <i><b>*If child is unable to attend without the aid of a parent, they will be moved to Ducklings. Parents cannot stand over the pool edge with the child during this class. This class is designed for independent experiences.</b></i>
<b>LEVEL 1</b> <b>Introduction to Aquatic Skills</b> \$60 residents <i>Recommended for ages 6 and Up or Successful Little People</i>	Objectives of this course will be: To enter and exit water using steps, ramps and side; blow bubbles; bobbing; retrieve objects underwater; front glide to vertical position, and back glide to a vertical position both with assistance; roll from front to back, arm and hand actions with assistance, treading actions; leg kicking; basic combining of simultaneous motion with assistance; fully submerge.
<b>LEVEL 2</b> <b>Fundamental Aquatic Skills</b> \$60/70	Objectives of this course will be: to fully submerge, hold breathe, bobby and object retrieval; Front Glide; jelly fish float; tread water; combined arm and hand swimming movement on front and back to begin back stroke and freestyle swimming. Rotary breathing, and combining with arm movement on front; Floating on back and simultaneous kicking and arm movement on back.
<b>LEVEL 3</b> <b>Stroke Development</b> \$60/70	Objectives of this course will be to: teach head first entry into deep water from both standing and kneeling position– Diving. Diving from side, submerge and retrieve an object while swimming underwater; Successfully swim with rhythmic breathing; Perform front and back glide using two different kicks; Perform back crawl; Float on front and back in deep water; Perform elementary back stroke Change from horizontal to vertical position on front and back Tread water using hand and leg movements; Breaststroke kick.
<b>LEVEL 4</b> <b>Stroke Improvement</b> \$60/70	Objectives of this course will be to: Perform a dive from standing and stride position; Swim under water; Perform feet-first surface dive; Perform open turns on front and back; Tread water using sculling arm motions; Perform; Butterfly kick; Perform the following: Front and back crawl, breast stroke, butterfly, elementary backstroke; Swim on side using scissors-like kick; Distance of each stroke is 25m.
<b>LEVEL 5</b> <b>Stroke Refinement</b> \$60/70	Objectives of this course will be to: Standing dive, shallow dive, glide two body lengths and begin any front stroke; Perform tuck surface dive Perform with power and in the flow of swimming front flip turn, backstroke flip turn to front and back stroke; Swim butterfly, Swim breast stroke, elementary backstroke, sidestroke; Tread water with two different kicks; survival swimming.

A daily safety Lesson from the American Red Cross Whales Tales Curriculum will be part of each swim lesson. General Water Safety principles will be taught as part of swimming lessons to include reaching assists, lifejacket safety, sun safety, and boating safety.

