

◀ ◀ ◀ **American Red Cross Levels 1 – 5** ▶ ▶ ▶

Level	Requirements	Description	Skills Taught
Level 1	Age: 6-13 years old No swimming skills required.	Diminish fear of the water by submerging the child's face, and learning pool safety. Children will experiment with body position and arm and leg movement.	-Bobbing & breath control -Supported front/back float -Simultaneous & alternating arm/leg motion
Level 2	Age: 6-13 years old Passed Level 1 or Preschool yellow	Learn fundamental swimming skills to form a solid base for stroke development.	-Rhythmic breathing -Unsupported front/ back float -Jumping from the side -Arm/leg movement for front & back crawl
Level 3	Age: 6-13 years old Passed Level 2	Students will continue to build on previous arm and leg movement to begin swimming front and back crawl and learn the general movements associated with butterfly. Side breathing will be addressed, as well as treading water.	-Front/back glide with kicking -Front & back crawl stroke technique -Butterfly body position and kicking -Deep water treading -Intro to diving
Level 4	Age: 6-13 years old Passed Level 3	Stroke improvement and endurance will be the focus of this level. Children will swim longer distances of front and back crawl and continue to work on butterfly. In addition, breaststroke, elementary backstroke, and sidestroke will be introduced.	-Develop full butterfly stroke -Breast stroke kick & arm movement -Standing diving from pool side -Review and refine technique for front & back crawl -Deep water bobbing
Level 5	Age: 6-13 years old Passed Level 4	Stroke refinement and endurance will be stressed for the front and back crawl, butterfly, and breast stroke. Also, flip turns and open turns will be taught.	-Review and refine all competitive strokes (front & back crawl, breast stroke, & butterfly) -Flip turns and open turns

Level 1

Children will diminish their fear of water, while learning about pool safety. Children will experiment with body position and arm and leg movement.

Day(s): Monday/Wednesday

Date(s): Session 1 – September 14, 16, 21, 23, 28, 30, October 5, 7
Session 3 – November 16, 18, 23, 25, 30, December 2, 7, 9

Time: 6:30 p.m.- 7:00 p.m.

Place: Indoor Aquatics Pool- Lane 1

Age Requirement: 6-13 Years Old

Fee: \$68.00 Member per session
\$82.00 Resident Non-Member per session
\$112.00 Surrounding Community Non-Member per session

Day(s): Saturday

Date(s): Session 2 – October 24, 31, November 7, 14, 21, 28
December 5, 12

Time: 10:30 a.m.- 11:00 a.m.

Level 2

Children will learn fundamental swimming skills, such as: unsupported floating, alternating and simultaneous arm and leg movement, and standing recovery.

Day(s): Monday/Wednesday

Date(s): Session 1 – September 14, 16, 21, 23, 28, 30, October 5, 7
Session 3 – November 16, 18, 23, 25, 30, December 2, 7, 9

Time: 7:00 p.m.- 7:30 p.m.

Place: Indoor Aquatics Pool- Lane 1

Age Requirement: 6-13 Years Old

Fee: \$68.00 Member per session
\$82.00 Resident Non-Member per session
\$112.00 Surrounding Community Non-Member per session

Day(s): Saturday

Date(s): Session 2 – October 24, 31, November 7, 14, 21, 28
December 5, 12

Time: 11:00 a.m.- 11:30 a.m.

Level 3

Students will continue to build on previous arm and leg movement to begin swimming front and back crawl and learn the general movements associated with butterfly. Side breathing and treading water will be addressed.

Day(s): Monday/Wednesday

Date(s): Session 1 – September 14, 16, 21, 23, 28, 30, October 5, 7
Session 3 – November 16, 18, 23, 25, 30, December 2, 7, 9

Time: 7:30 p.m.- 8:00 p.m.

Place: Indoor Aquatics Pool- Lane 1

Age Requirement: 6-13 Years Old

Fee: \$68.00 Member per session
\$82.00 Resident Non-Member per session
\$112.00 Surrounding Community Non-Member per session



Day(s): Saturday

Date(s): Session 2 – October 24, 31, November 7, 14, 21, 28, December 5, 12

Time: 11:30 a.m.- 12:00 noon

Level 4

Stroke improvement and endurance will be the focus of this level. Children will swim longer distances of front and back crawl, and continue to work on butterfly. In addition, breaststroke, elementary backstroke, and sidestroke will be introduced.

Day(s): Tuesday/Thursday

Date(s): Session 1 – September 15, 17, 22, 24, 29, October 1, 6, 8
Session 3 – November 17, 19, 24, December 1, 3, 8, 10, 15

Time: 6:30 p.m.-7:10 p.m.

Place: Indoor Aquatics Pool- Lane 1

Age Requirement: 6-13 Years Old

Fee: \$68.00 Member per session
\$82.00 Resident Non-Member per session
\$112.00 Surrounding Community Non-Member per session



Day(s): Saturday

Date(s): Session 2 – October 24, 31, November 7, 14, 21, 28, December 5, 12

Time: 9:45 a.m. - 10:25 a.m.



Level 5

Stroke refinement and endurance will be stressed for the front and back crawl, butterfly, and breaststroke. Also, flip turns and open turns will be taught.

Day(s): Tuesday/Thursday

Date(s): Session 1 – September 15, 17, 22, 24, 29, October 1, 6, 8
Session 3 – November 17, 19, 24, December 1, 3, 8, 10, 15

Time: 7:15 p.m.- 7:55 p.m.

Place: Indoor Aquatics Pool- Lane 1

Age Requirement: 6-13 Years Old

Fee: \$68.00 Member per session
\$82.00 Resident Non-Member per session
\$112.00 Surrounding Community Non-Member per session



Day(s): Saturday

Date(s): Session 2 – October 24, 31, November 7, 14, 21, 28, December 5, 12

Time: 9:00 a.m.- 9:40 a.m.



Private Swim Lessons

Private swim lessons are available for all ages (children and adults) through the Aquatics Department at the CRC. Each lesson is one half hour in length, and will be scheduled based on both the participant and instructors availability. To register for private lessons, please stop by the registration window at the CRC, and complete a Private Swim Lesson Registration Form. Once complete, you will be contacted to confirm the date(s), time(s), and instructor for your lesson(s). Listed below are our available packages:

3 lessons	\$105 (\$35 per lesson)
6 lessons	\$195 (\$32.50 per lesson)
10 lessons	\$280 (\$28 per lesson)