

American Red Cross Class Descriptions

Parent & Child Aquatics (Ages: 6mo-3 yrs)

Our parent and child swim program helps to familiarize young swimmers with safety in and around the water. We teach parents techniques on how to expose infants and/or toddlers to the water, while having a positive aquatic experience through the use of fun songs, games, and toys. The goal of this program is to build infants and toddlers' comfort and safety awareness in and around the water.

- *Parent participation required.*
- *Babies are required to wear a swim diaper.*

Preschool Aquatics (Ages: 3-5yrs)

Pre-K swimmers learn to become more comfortable in the water as we teach basic skills like submerging the face, underwater bobs, supported front and back floats, as well as entering and exiting the water safely. A variety of safety topics are taught about water and sun safety!

- *Parent participation required.*

Level 1: Introduction to Water Skills (Ages: 5+)

Level 1 focuses on basic water skills and helps swimmers become even more familiar with the aquatic environment. We practice skills like blowing bubbles, submerging, opening eyes, supported front and back glides, supported arm and leg actions, and a variety of safety topics. The goal of level 1 is to prepare kindergarteners to build their comfort in the water and learn how to float independently.

- *Parents must stay at facility during lessons.*
- *Participation is not required, however, parents need to be available to participate if necessary.*

Level 2: Fundamental Aquatic Skills (Ages: 5+)

This class is for swimmers who are ready to demonstrate skills independently. We practice bobs, front and back floats, swimming with combined arm and leg actions on front and back, as well as swimming in shoulder-deep water. Level 2 also teaches the Longfellow Whales Tales Safety Program.

- *Parents must stay at facility during lessons.*
- *Participation is not required.*

Level 3: Stroke Development (Ages 5+)

After level 2, swimmers are ready to explore deep water. In level 3, we teach skills such as treading water, rotary breathing, front and back crawl, elementary backstroke, and the beginning of breaststroke. This level is for children who can float on their front and back independently, as well as swim with alternate arm and leg motions on their front and back. Swimmers will begin to learn how to ask for help and stay safe in the sun and water.

- *Parents must stay at facility during lessons.*
- *Participation is not required.*

Level 4: Stroke Improvement (Ages 5+)

By Level 4, swimmers are improving the strokes they've learned in previous levels and adding new skills like breast stroke, side stroke, butterfly, and survival swimming. At this level, swimmers are ready to learn basic water rescue skills. By the end of level 4, swimmers will have learned all the competitive and survival strokes.

- *Parents must stay at facility during lessons.*
- *Participation is not required.*

Level 5: Stroke Refinement (Ages: 5+)

The last level of our program focuses on refining strokes and perfecting front crawl, back crawl, elementary backstroke, breaststroke, butterfly, and sidestroke. Swimmers learn additional rescue skills such as survival swimming, how to save yourself, another swimmer, and how to call for help.

- *Parents must stay at facility during lessons.*
- *Participation is not required.*

Level 6: Guard Start (Ages: 10+)

Our guard start program prepares pre-teens to developing swimming skills to help participants meet the Lifeguarding course prerequisite. The course also introduces participants to lifesaving skills, such as in-water rescues, use of a rescue tube, and first aid, CPR and AED. Participants also have the opportunity to explore basic rescue techniques.

- *Parents must stay at facility during lessons.*
- *Parent participation is not required.*
- *Swimmers must have successfully complete Levels 4 and 5 before joining Guard Start*

Lifeguard Training (Ages: 16+)

The American Red Cross Lifeguard Training course is designed to prepare lifeguards candidates to save lives and prevent injuries. The ARC training includes both testing of hands-on skills as well as comprehension on written tests. The certification, which includes First Aid, CPR, and AED training, is valid for two years upon completion and is accepted nationwide.

- *Participants must be sixteen years of age at the completion of the course*
- *Lifeguard Training Instructor candidates must successfully complete a pre-assessment before admitted into program. The pre-assessment includes:*
 - *Swim 300 Yards Consistently (12 laps of a 25yd pool)*
 - *Tread water for 2 minutes using only the legs*
 - *Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder*