

## **Parent and Child Aquatics Class**

Developed for children 6 months to 3 years of age, the purpose of Parent & Child Aquatics is to teach safe behaviors around the water and develop swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on and around water. **NOTE: Parent or caregiver must accompany each child into the water. Children ready to learn without a parent or caregiver should enroll in an appropriate class listed below.**

## **Preschool Aquatics**

Designed for children 4 and 5 years old, the Preschool Aquatics classes will familiarize participants to the aquatic environment and help them acquire rudimentary, basic aquatic skills. This class will help participants begin to develop positive attitudes and safe practices in and around water.

### **Level 1**

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front and back glides and recover to a vertical position
- Back float and recover to a vertical position
- Roll from front to back and back to front
- Tread with arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back

### **Level 2**

- Enter water by stepping in
- Exit water using ladder, steps or side
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back floats and glides
- Recover from a front or back float or glide to a vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back

## **Learn-to-Swim Classes**

**Required Minimum Age:** Students must be 6 years old by the start of the session in which they are enrolled.

**Prerequisites:** The successful completion of the preceding level, except for Level 1, which has no prerequisite. Each level of Learn-to-Swim includes training in basic water safety and helping others in an emergency, in addition to the skills outlined below:

### **Level 1 — Introduction to Water Skills – Skills will be performed with assistance.**

Helps participants feel comfortable in the water

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back

### **Level 2 — Fundamental Aquatic Skills**

Gives participants success with fundamental skills

- Enter and exit water by stepping or jumping from the side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects

- Front, jellyfish and tuck floats
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action

### Level 3 — Stroke Development

Builds on the skills in Level 2 through additional guided practice in deeper water

- Enter water by jumping from the side
- Head first entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke

### Level 4 — Stroke Improvement

Develops confidence in the skills learned and improves other aquatic skills

- Headfirst entries from the side in compact and stride positions
- Swim under water
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back

### Level 5 — Stroke Refinement

Provides further coordination and refinement of strokes

- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling

### Level 6 — Swimming and Skill Proficiency

Refines the strokes so participants swim them with ease, efficiency, power, and smoothness over greater distances

## Junior Lifeguarding

The Junior Lifeguarding course is a key component of the Red Cross Lifeguarding program. Junior Lifeguarding is designed to guide youth to the American Red Cross Lifeguarding course by building a foundation of knowledge, attitudes and skills for future lifeguards. **Participants must be at least 12 years old.**

Junior Lifeguarding will introduce participants to the skills needed for future entry to the Red Cross Lifeguarding course, communication and decision-making skills, the basic responsibilities of a lifeguard, and the basic knowledge and skills required to be a lifeguard. Participants are not required to master or perfectly execute skills. They should learn techniques and build stamina during this program. **Note: The Junior Lifeguarding course does not certify participants in First Aid, CPR or AED or as a lifeguard.**

The Pre-test consists of the successful demonstration of the following skills:

- Swim the front crawl for 25 yards continuously while breathing to the front or side
- Swim the breaststroke for 25 yards using a pull, breathe, kick, and glide sequence
- Tread water for 1 minute using arms and legs
- Show a level of comfort on the back by floating on the back for 30 seconds or swimming on the back for 25 yards
- Submerge and swim 10 feet under water