



2012

Learn To Swim

May 28th through September 13
For children 5 to 14 years of age

American Red Cross Learn-to-Swim teaches aquatic and personal water safety skills in a logical progression. It consists of six levels. Participants in Level 1 are oriented to the aquatic environment and gain some basic skills in each category. Throughout the levels, participants build on their basic skills to learn various propulsive movements on the front, back and side. As the levels increase, participants learn to refine the different strokes and build endurance. Each level includes exit skills assessments that put together many of the skills learned in the level.

A booklet will be provided, *Raffy Learns to Swim or Waddles in the Deep*, for the different levels of lessons 1 through 4. It will ensure better communication between children, parents and instructors. We will offer a Newsletter at the beginning of each lesson, a tool to let parents and participants know what they are learning at each stage. Achievement cards are also used by the instructors to track a participant's progress throughout the sessions to show what skills they have achieved and what skills still need additional work. Participants who meet the requirements for a level are eligible to receive a certificate of their achievement.

Level 1- Introduction to Water Skills:

There are no prerequisites for this course. The objective of Level 1 is to help students feel comfortable in the water and enjoy the water safely. In level 1, we teach elementary aquatic skills, which students build on as they progress through the six Learn-to-Swim levels. Students who have had pleasant water experiences complete this level quickly. However, fear of water may be a major issue for some students regardless of age. Before students enter the water the first time, we will show them the area in which they will be swimming. We will explain the safety rules for our facility and explain the buddy system and pair off students. We will emphasize that this system helps students help each other learn and provides added safety. If the students are old enough, we explain and demonstrate how buoyancy helps keep them at the surface. We impress on all students, especially younger ones that they can and will learn to swim if they follow our directions. We will encourage them to try out new things, even skills they consider scary at first. We will encourage your child to explore movement in the water. Please help us to observe what comes naturally to them and build on their strengths. Encourage your child to ask questions, so we can begin to address any fears. As the course progresses, we will provide a wide variety of experiences to meet the course objectives. Each task will be approached with creativity and enthusiasm so that learning to swim will be fun, safe and rewarding for everyone.

Level 2- Fundamental Aquatic Skills:

Students entering this course must have a Level 1 certificate or must be able to demonstrate all the completion requirements in Level 1. The objective of Level 2 is to

give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Students explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes. Level 2 adds to the self-help and basic rescue skills begun in Level 1.

Level 3- Stroke Development:

Students entering this course must have a Level 2 certificate or must be able to demonstrate all the completion requirements in Level 2. The objective of Level 3 is to build on the skills in Level 2 by providing additional guided practice. We teach students to coordinate the front crawl and back crawl. We introduce elements of the butterfly and the fundamentals of treading water. As in all levels, we present additional safety skills.

Level 4- Stroke Improvement:

Students entering this course must have a Level 3 certificate or must be able to demonstrate all the completion requirements in Level 3. The objective of Level 4 is to develop confidence in the strokes learned thus far and to improve other aquatic skills. We help students improve their skills and increase their endurance by swimming familiar strokes (front crawl and back crawl) for greater distances. We help students continue to build on the butterfly and introduce the elementary backstroke, breaststroke and elements of the sidestroke. Basics of turning on the wall are also introduced.

Level 5- Stroke Refinement:

Students entering this course must have a Level 4 certificate or must be able to demonstrate the entire course requirement to Level 4. The objective of Level 5 is coordination and refinement of strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breast-stroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced.

Level 6- Swimming and Skill Proficiency:

Students entering this course must have a Level 5 certificate or must be able to demonstrate all the skills required to complete Level 5. The objective of Level 6 is to refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances. This is also the time to introduce other aquatic activities. Level 6 is designed with two options- (6-1) Personal Water Safety Skills and (6-2) Swimmer Fitness. Each of these options focus on preparing students to participate in more advanced courses, such as Water Safety Instructor (learning to teach swim lessons) and Lifeguard Training (must be 15 years of age), or other aquatic activities, such as competitive swimming.

The Swim Instructors of the Resort at Red Hawk are trained in the American Red Cross Water Safety Instructors program or the Instructors Aide program.

Thank you for your time and for trusting us with your children's swim lessons.

Please remember to bring your own towel. Call us anytime you have questions or concerns, 626-8699.