



2012

Preschool Aquatics

May 28th through August 30th

For children 3 years to 6 years of age

Welcome!

The American Red Cross Preschool Aquatics program is somewhat new, but has had great success here at Red Hawk. The primary objective of Preschool Aquatics is to promote the developmentally appropriate learning of fundamental water safety and aquatic skills by young children 3 years to 6 years of age.

There are no skill prerequisites for Preschool Level 1. For Preschool Levels 2 and 3, children must be able to demonstrate the exit skills assessments of the previous level. As instructors, we will integrate an evaluation of all children during the first lesson, regardless of level, to determine an appropriate starting point for each child.

Upon completion of Preschool Aquatics, children may enroll in the American Red Cross Learn-to-Swim Program. A child who completes Preschool Aquatics Level 1 or 2 and is 6 years old may enroll in the next level of Preschool Aquatics or move on to Learn-to-Swim Level 2. A child who completes Preschool Aquatics Level 3 may enroll in Learn-to-Swim Level 3.

In Level 1, your children will learn the most elementary aquatic skills, which children continue to build on as they progress through the Preschool lessons and Learn-to-Swim levels. At this first level, children start developing a more positive attitude and safe practices around the water.

The objectives of Level 2 are to build on the basic aquatic skills learned in Level 1 and to give children further success with fundamental aquatic skills performed to a slightly more advanced degree than at Level 1. Most skills in this level are still performed with assistance, but this level marks the beginning of independent aquatic locomotion skills as well. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain more proficiency for future strokes. Level 2 also adds to the self-help and basic rescue skills introduced in Level 1.

The objective of Level 3 is to build on the skills learned in Levels 1 and 2 by providing additional guided practice of basic aquatic skills at slightly more proficient performance levels and greater distances and times. Skills in this level are performed independently. Instructors will teach children to improve coordination of combined simultaneous arm and leg actions and alternating arm and leg actions. As in all levels, we will continue to present additional safety skills and improve comprehension of previous knowledge.

All classes will have 8 lessons to a session and the lessons will be no more than 30 minutes. There will be no make up lessons. There are no more than 6 children in a class. Close supervision is necessary to make practice effective and keep the members of the class safe. Children will be taught from the stairs and will initially do activities one at a time. If inclement weather arises you will be contacted and other arrangements may be made available. There are no refunds if sessions are cancelled or rescheduled due to inclement weather.

Young children are more susceptible to hypothermia than older children, even at relatively warm temperatures. Our outdoor Lap Pool will be kept at 83 degrees for their comfort. Our Lap Pool has a gradual depth of 3 to 5½ feet deep and is easy to enter with a handrail for children's safety. To help lessen noise and distractions, depending on the number of students in the class the pool will be sectioned off for lessons. Parents will receive a newsletter at the beginning of each session, a tool to let parents know what their children are learning at each stage. An achievement card will be shared by the instructor with parents to show what progress in skills their child has achieved. Children will receive a certificate of completion at the end of the session.

Please remember to bring your own towels to the pool. Thank you for joining us in our adventure of Preschool Aquatics. We look forward to the opportunity to teach your children!