### AMERICAN RED CROSS SWIMMING LESSONS

#### Level 9012
**Aqua-Tots**  
Ages 18 mo.- 3 yr.  
30 minute lesson  
This class is for children ages 18 months to 3 years. It is designed to help your child become comfortable in and around water so they are ready to learn to swim. Basic swimming skills will be introduced. Each child must be accompanied by an adult in the water.

#### Level 9013
**Tadpoles**  
Age 3 - 4  
30 minute lesson  
This class is for children 3 years of age. The main focus is to help your child feel comfortable in the water and begin to learn some basic swimming skills. Each child must be accompanied by an adult in the water.

### Preschool Aquatics
Throughout all 3 levels, students are taught basic aquatic safety, survival and swimming skills, while increasing their comfort level in and around water. As in all of our courses, your child will always know that it is safety first.

#### Level 9010A
**Preschool Level A**  
Ages 4 - 5  
40 minute lesson  
This class helps participants feel comfortable in the water. Skills will include enter / exit the water, blow bubbles, submerge face, open eyes under water and retrieve submerged objects, front and back glides, back float, roll over, tread water, leg and arm actions on front and back, and water safety topics.  
**Exit Skills:** (skills done with support) Enter pool independently, travel 85 yards, submerge mouth and blow bubbles for at least 3 seconds and then safely exit the water. While in shallow water, glide on the front at least 2 body lengths, then roll to back and float on back for 3 seconds then recover to a vertical position.

#### Level 9010B
**Preschool Level B**  
Ages 4 - 5  
40 minute lesson  
This class is for children who have passed Preschool Level A. Children will learn fundamental skills, which will include enter water by stepping in, bobbing, open eyes under water and retrieve submerged objects, front and back floats and glides, roll over, tread water, combined arm and leg actions on front and back, finning, and water safety topics.  
**Exit Skills:** (skills done with support) Glide on front at least 2 body lengths, roll to front, float for 5 seconds then recover to standing position. Glide on back for at least 2 body lengths, then roll to back and float on back for 3 seconds then recover to a standing position. Swim using combined arm and leg actions on front for 2 body lengths, roll to back, float for 5 seconds, roll to front then continue swimming on front for 3 body lengths.

#### Level 9010C
**Preschool Level C**  
Ages 4 - 5  
40 minute lesson  
This class is for children who have passed both Preschool Levels A and B. Children will build on skills learned in Level B through additional practice in deeper water. They will learn to enter water by jumping in, fully submerge and hold breath, bobbing, front, jellyfish and tuck floats, back float and glide, change direction of travel while swimming, tread water, combined arm and leg actions on front and back, finning arm action on back, and water safety topics.  
**Exit Skills:** Step or jump from side into chest-deep water, move in a front float for 5 seconds, roll to back, float for 5 seconds then return to standing position. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back float for 15 seconds, roll to front then continue swimming for 5 body lengths.

### Answers to Frequently Asked Questions!

#### Pool Location:
Delano Middle School, 700 Elm Avenue, in Delano. Enter Door #5.

#### Schedule:
Monday through Thursday, for two consecutive weeks. During Session 2, classes will be held Tuesday through Friday the second week (July 6 - 9).

#### Registration:
Registrations are accepted on-line, by phone, fax, mail and in person. Please see page 46.

#### Refunds:
No refunds or “credits” toward a future session will be given after the “deadline for refunds / changes” listed for each session in the table on page 31. A $5.00 per participant per class processing fee will be withheld from all refunds given before the refund deadline.

#### Pool Shut Downs:
Occasionally the pool is shut down due to circumstances that are beyond our control. This is often dictated by MN Department of Health regulations. When swim lessons are cancelled, we make every attempt to contact you. If only one class is cancelled during a session, there is no make-up lesson scheduled. In the rare situation where a second class is cancelled, we make every effort to offer a make-up lesson.

#### Levels:
Please refer to the certificate from your child’s last class or use the level description to help determine your child’s level.

#### Age requirements / Lesson Length:
Listed below in the Level column.
<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
<th>Exit Skills</th>
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<tbody>
<tr>
<td>9001 - Level 1 Introduction to Water Skills Ages 6+ Age 5 with teacher recommendation 40 minute lesson</td>
<td>Level 1 helps participants feel comfortable in the water. Students will learn to enter and exit water independently, fully submerge face, exhale underwater, bobbing, opening eyes underwater and picking up submerged object, front and back glides and floats, roll over, tread water, and water safety topics.</td>
<td>Exit Skills: Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water. (Participants can walk, move along the gutter or “swim.”) Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support).</td>
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<tr>
<td>9002 - Level 2 Fundamental Aquatic Skills Ages 6+ Age 5 with teacher recommendation 40 minute lesson</td>
<td>Level 2 is designed to give students success with fundamental skills. Students will learn to fully submerge and hold breath, bobbing, retrieve a submerged object in shallow water; front, jellyfish and tuck floats; front and back glides and floats; change directions, roll over, tread water, combined arm and leg actions on front and back, finning, and water safety topics.</td>
<td>Exit Skills: Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to vertical position. Move into a back float for 5 seconds, roll to front then recover to a vertical position. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back float for 15 seconds, roll to the front then continue swimming for 5 body lengths.</td>
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<tr>
<td>9003 - Level 3 Stroke Development Ages 6+ 40 minute lesson</td>
<td>Level 3 will build on the Level 2 skills by providing additional guided practice in deeper water. Students will learn to jump into deep water, sitting or kneeling dives, bobbing, rotary breathing, survival float, back float, flutter and dolphin kicks on front, scissors kick, front crawl and elementary backstroke, tread water, and water safety topics.</td>
<td>Exit Skills: Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.</td>
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<tr>
<td>9004 - Level 4 Stroke Improvement 40 minute lesson</td>
<td>Level 4 will develop confidence in the skills learned and improve other aquatic skills. Students will learn to dive from compact and stride positions, swim underwater, feet-first surface dive, survival swimming, front crawl and backstroke open turns, front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly, flutter and dolphin kicks on back, tread water, and water safety topics.</td>
<td>Exit Skills: Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position of travel as necessary and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.</td>
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<tr>
<td>9005 - Level 5 Stroke Refinement 40 minute lesson</td>
<td>Level 5 will provide further coordination and refinement of strokes. It will include shallow angle dive, tuck and pike surface dives, submerge completely, front flip turn and backstroke flip turn, front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly, sculling, and water safety topics.</td>
<td>Exit Skills: Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.</td>
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<tr>
<td>9006 - Level 6 Swimming &amp; Skill Proficiency 1 hour lesson</td>
<td>Level 6 refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with “menu” options that focus on preparing students for more advanced courses, such as the Water Safety Instructor (WSI) course, or other aquatic activities such as competitive swimming. Each option also includes applicable water safety topics. We offer the Personal Water Safety and Fitness Swimmer options.</td>
<td>Exit Skills: Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke. Personal Water Safety: Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform back float for 5 minutes and swim 20 yards, perform at feet first surface dive, retrieve an object from the bottom of the pool at depth of 7-10 feet, return to the surface and swim 20 yards back to the starting point. Fitness Swimmer: Perform the cooper 12 minute swim test and compare results with pre-assessment results.</td>
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