

AMERICAN RED CROSS LEARN-TO-SWIM CLASSES

The Freedom Aquatic & Fitness Center follows the guidelines of the American Red Cross Learn-to-Swim program (revised 2009). We teach you and your children how to swim skillfully and safely. In addition to swimming skills, each level includes training in basic water safety. Students must be able to follow and accept directions and be able to take turns in order to participate in group swim lessons. Please note that some of our classes are offered as combination classes. The instructors will evaluate the students and divide the class accordingly.

Fees: Weekdays, 8 lessons-\$64 Saturdays & Sundays, 4 lessons-\$37 and 6 lessons-\$51
Swim Team Prep, 4 lessons-\$42 and 6 lessons-\$58

Class	Age	Description	Prerequisites	Class Length
Parent and Child 1 & 2	6 months to 3 years with parent or caregiver	Builds swimming readiness by emphasizing fun in the water		30 minutes
Parent/Child 3 Preschool readiness	3-4 years with parent or caregiver	Builds swimming readiness by emphasizing fun and skills in the water		30 minutes
Preschool 1&2	4 to 5 years	Water adjustment and introduction to swimming skills	Able to separate from parent/caregiver	30 minutes
Preschool 3	4 to 5 years	Introduction to combined stroke on front and back	Comfortable with submerging underwater; able to swim 3-5 yards on front and back without support	30 minutes
Levels 1 & 2	Kids - 5 to 12 years Adults - 13 and up	Water adjustment and introduction to fundamental swimming skills		Kids - 30 minutes Adults - 40 minutes
Level 3 Stroke Development	Kids - 5 to 12 years Adults - 13 and up	Introduction of the front crawl with rotary breathing, elementary backstroke and various kicks	Able to swim 5 yards on front and back without support	40 minutes
Level 4 Stroke Improvement	Kids - 6 to 12 years Adults - 13 and up	Improve front crawl and elementary backstroke. Introduces back crawl, sidestroke, breaststroke, butterfly and open turns	Must be able to jump into chest-deep water, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), and swim elementary backstroke for 15 yards	40 minutes
Level 5 Stroke Refinement	Ages 6 - 17	Provides further coordination and refinement for all strokes. Introduces surface dives, shallow dives, flip turns	Must be able to swim front crawl for 25 yards, elementary backstroke for 15 yards, breaststroke for 15 yards, back crawl stroke for 15 yards and tread water for 1 minute	40 minutes
Level 6 Swimming & Skill Proficiency	Ages 6 - 17	Refines the strokes so students swim them with ease, efficiency, power and smoothness over great distances. Emphasizes personal water safety and lifeguard readiness skills	Must be able to perform a shallow dive into deep water, swim front crawl for 50 yards, elementary backstroke for 25 yards, breaststroke for 25 yards, backstroke for 50 yards, and tread water for 2 minutes	40 minutes
Swim Team Prep	Ages 6 and up	Prepares the beginning and intermediate swimmer for competition		50 minutes

Winter/Early Spring 2010 Class Schedule



Class Days and Dates	M/W I. 1/11-2/8 (No class on 1/18) II. 2/10-3/10 (No class on 2/15) III. 3/15-4/14 No class on 3/29, 3/31 IV. 4/19-5/12 V. 5/17-6/14 No class on 5/31	T/TH I. 1/12-2/4 II. 2/9-3/4 III. 3/9-4/13 (No class on 3/18, 3/30, 4/1) IV. 4/20-5/13 V. 5/18-6/10	SAT I. 1/9-2/6 (4 lessons) No class on 1/23 II. 3/6-4/24 (6 lessons) No class on 3/20, 4/3 III. 5/8-6/19 (6 lessons) No class on 5/29	SUN I. 1/10-2/21 (6 lessons) (No class on 1/24) II. 3/7-4/25 (6 lessons) No class on 3/21, 4/4 III. 5/9-6/20 (6 lessons) No class on 5/30
Parent/Child 1&2 6 mos – 3yrs	9:30-10 am 5:30-6 pm	9:30-10 am 6:30-7 pm	8:30-9 am 9:10-9:40 am 10:40-11:10 am	10:35-11:05 am 11:55 am-12:25 pm
Parent/Child 3 3-4 years Preschool readiness	9:30-10 am 5:30-6 pm	9:30-10 am 6:30-7 pm	8:30-9 am 9:10-9:40 am 10:40-11:10 am	10:35-11:05 am 11:55 am-12:25 pm
Preschool 1&2 4-5 years	10:10-10:40 am 10:50-11:20 am 12:10-12:40 pm 4:50-5:20 pm 6:10-6:40 pm 6:50-7:20 pm	10:10-10:40 am 10:50-11:20 am 12:10-12:40 pm 4:50-5:20 pm 5:40-6:10 pm 6:20-6:50 pm 7-7:30 pm	8:30-9 am 9:20-9:50 am 11:30 am-12 pm 12:10-12:40pm	9:15-9:45 am 9:55-10:25 am 11:15-11:45 am 12:30-1 pm
Preschool 3 4-5 years	11:30 am-12 pm 5:30-6 pm	11:30 am-12 pm 12:50-1:20 pm 4:50-5:20 pm	10-10:30 am 10:40-11:10 am	10:35-11:05 am 11:55am-12:25 pm
Level 1 & 2 Intro and Fundamental Skills Kids 5-12 years	12:10-12:40 pm 4:50-5:20 pm 5:30-6 pm 6:10-6:40 pm 6:50-7:20 pm	4:50-5:20 pm 5:40-6:10 pm 7-7:30 pm	9:20-9:50 am 10-10:30 am 10:40-11:10 am 11:30 am-12 pm 12:10-12:40 pm	9:15-9:45 am 9:55-10:25 am 10:35-11:05 am 11:15-11:45 am
Level 1 & 2 Adults 13 & up		7:20-8 pm	8:30-9:10 am	9:15-9:45 am
Level 3 Development Kids 5-12 years	12:50-1:30 pm 6:50-7:30 pm	4:50-5:30 pm 6:30-7:10 pm	10:40-11:20 am 11:30 am-12:10 pm 12:20-1 pm	9:55-10:35 am 11:25 am-12:05 pm 12:10-12:50 pm
Level 3 Stroke Development Level 4 Stroke Improvement Adults 13 & up		7:20-8 pm	8:30-9:10 am	9:15-9:45 am
Level 4 Stroke Improvement Kids 6-12years	1:40-2:20 pm 6:50-7:30 pm	5:40-6:20 pm	9:20-10 am 11:30 am-12:10 pm	10:40-11:20 am 12:10-12:50pm
Level 5&6 Stroke Refinement and Proficiency Kids 6-12 years	1:40-2:20 pm 6:50-7:30 pm	5:40-6:20 pm	8:30-9:10 am	11:20 am-12 pm
Swim Team Prep				5:30-6:20 pm 6:30-7:20 pm