

AQUATICS

AMERICAN RED CROSS LEARN-TO-SWIM CLASSES

The Freedom Aquatic & Fitness Center follows the guidelines of the American Red Cross Learn-to-Swim program. 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. Please note that students must be able to follow and accept directions and be able to take turns in order to participate in swim lessons.

Fees: Weekdays, 8 lessons - \$64 Saturdays & Sundays, 6 lessons - \$51 5 lessons- \$43



Class	Age	Description	Prerequisites	Class Length
Parent & Child 1 & 2	6 mos to 3 yrs 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 - 5 years	Introduction to combined stroke on front and back	Comfortable with submerging underwater; able to swim 3-5 yards without support	30 minutes
Levels 1 & 2 Basic Skills	Kids - 5 to 12 years Adults — 13 and up	Water adjustment and introduction to fundamental swimming skills		Kids - 30 min Adults - 40 min
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 –12 years Adults 13 and up	Improve front crawl stroke, elementary backstroke Introduction of back crawl stroke, 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	Kids 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 Skill Proficiency	Age 6-17	Refines the strokes so students swim them with ease, efficiency, power and smoothness over great distances. Emphasizes personal water safety and life-guard 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

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Late Spring and Summer Weekend Class

Class Days and Dates	M/W (8 lessons) 5/17-6/14 (No class 5/31)	T/TH (8 lessons) 5/18-6/10	SAT (6 lessons) 5/8-6/19 (No class on 5/29) Summer (5 lessons) 7/10-8/14 (No class 7/17)	SUN (6 lessons) 5/9-6/20 (No class 5/30) Summer (5 lessons) 7/11-8/15 (No class 7/18)
Parent/Child 1 & 2	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 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 11:55am-12:25 pm
Preschool 1 & 2	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	8:30-9 am 9:20-9:50 am 11:30am-12 pm 12:10-12:40 pm	9:15-9:45 am 9:55-10:25 am 11:15-11:45 am 12:30-1 pm
Preschool 3	11:30am-12 pm 5:30-6 pm	11:30am-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 11:55 am-12:25 pm
Level 1 & 2 Basic Skills	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 11:30am-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
Levels 1 & 2 Adults 13 & up		7:20-8pm	8:30-9:10am	9:15-9:55am
Level 3 Stroke Development	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 11:30am-12:10 pm 12:20-1pm	9:55-10:35 am 11:25-12:05 am 12:10-12:50 pm
Level 3 & 4 Adults 13 & up		7:20-8 pm	8:30-9:10 am	9:15-9:55 am
Level 4 Stroke Improvement	1:40-2:20 pm 6:50-7:30 pm	5:40-6:20 pm	9:20-10 am 11:30am-12:10 pm	10:40-11:20 am 12:10-12:50 pm
Level 5 Stroke Refinement	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
Level 6	1:40-2:20pm	5:40-6:20pm	8:30-9:10am	11:20am-12pm

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Summer Weekday Class Schedule 2010
For summer weekend classes, see previous schedule

Class Days and Dates *	M-TH AM (8 lessons) I: 6/21-7/1 II: 7/5-7/15 III 7/19-7/29 IV: 8/2-8/12	M-TH AM (8 lessons) V: 8/16-8/26	M/W PM (8 lessons) I: 6/21-7/14 II: 7/19-8/11	T/TH PM (8 lessons) I: 6/22-7/15 II: 7/20-8/12
Parent/Child 1 & 2	8:30-9 am 9:10-9:40 am	9:10-9:40 am	5:15-5:45 pm	6:30-7 pm
Parent/Child 3 Preschool Readiness	11:20-11:50 am 12:00-12:30 pm	9:10-9:40 am	5:15-5:45 pm	6:30-7 pm
Preschool Levels 1 & 2	8:30-9 am 9:50-10:20 am 10:40-11:10 am 11:20-11:50 am	9:50-10:20 am 10:40-11:10 am 11:30 am-12 pm	4:30-5 pm 5:55-6:25 pm 6:30-7 pm	4:30-5 pm 5:55-6:25 pm 6:30-7 pm
Preschool Level 3	9:10-9:40 am	9:10-9:40 am	6:30-7 pm	5:15-5:45 pm
Level 1 & 2 Basic Skills	8:30-9 am 9:10-9:40 am 10-10:30 am 10:40-11:10 am 11:30 am-12 pm 12:10-12:40 pm	8:30-9 am 10-10:30 am 10:40-11:10 am 11:30 am-12 pm	5:15-5:45 pm 5:55-6:25 pm 6:30-7 pm	5:15-5:45pm 5:55-6:25 pm 6:30-7 pm
Level 1 & 2 Adults 13 & up			7:10-7:50 pm	
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Level 3 Adults 13 & up			7:10-7:50 pm	
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Level 5 Stroke Refinement	10:40-11:20 am	10:40-11:20 am	7:10-7:50 pm	
Level 6 Skill Proficiency	10:40-11:20 am	10:40-11:20 am	7:10-7:50 pm	