



**American
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PINEDALE AQUATIC CENTER

Learn to Swim

Introduction

During the first day of lessons, students are evaluated based on their swimming abilities. They are grouped with students of like ability. Students are occasionally moved after the first day as well. Those registered in Pre-K Aquatics or Parent-Tot will not be moved based on ability.

During the introduction, we will review the dates and times of lessons and go over a few tips prior to class beginning. Students will then be grouped into classes and matched with an instructor. Each group of students will be told what fish poster they need to meet at each day.

The goal of our program is to instill water safety skills and develop swimming abilities. Our focus in lessons is on skill development and learning and NOT on the actual level of a student or whether that student passes or fail. To keep a focus on the learning, we will not be making references to a student's level.

Water Safety is a critical component to our swim lesson program. Every day a class meets, a safety topic will be discussed with students.

Parents who want their students to get the most out of swim lessons are encouraged to follow these recommendations:

- Students should attend all of the class sessions
- If your child has a tendency to get cold in the water, a rash guard or other shirt is recommended
- Continued enrollment and regular swimming is the best way to develop new skills and refresh on skills learned
 - Long durations of time without swimming lessons will likely result in a decreased ability
- Have children use the restroom prior to lessons beginning
- Speak with your child's instructor to see what skills they could be focusing on on their own

Length and Age Requirements

Level 1-5: 45 minutes, 4 years and older

Pre-K: 30 minutes, 3 - 5 years

Parent Tot: 30 minutes, 6 months to 3 years

**minimum of 4 students registered for classes to be taught*

Course Descriptions

Parent-Tot:

This class introduces parents and young children to the water using games and songs. The goal is to teach parents how to help make their young child more comfortable in the water. This course also includes lessons on water safety.



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Preschool Aquatics:

This class introduces young children to the water using basic fundamentals, games and songs. The goal is to teach them basic swimming skills such as floating and bubbles. This course, like all swimming lessons, focuses on water safety. Maximum - 5 students

Level 1: Introduction to Water Skills

While gaining an introduction to water safety, participants learn:

- how to feel comfortable in the water
- to enter and exit water safely with support
- to open eyes underwater
- to submerge their face
- how to float on front and back with support
- to swim on their front and back using arm and leg actions with support.

Level 2: Fundamental Aquatic Skills

Participants learn how to:

- be safe in, on, and around water
- enter water from the side
- retrieve a submerged object
- without support, roll over from front to back and back to front
- float unsupported on front and back
- swim unsupported on front and back using combined strokes for 15 feet
- perform front and back glide unsupported.

Level 3: Stroke Development

Water safety is a key element of this class as participants are learning:

- to jump into deep water from the side
- safety bobs
- how to perform survival float
- how to coordinate the front and back crawl

They will also be introduced to elements of butterfly, treading water, diving from the side and using rotary breathing

Level 4: Stroke Improvement

Including water safety, participants learn:

- various dives
- how to swim underwater
- treading water
- refinement of front crawl



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- refinement of back crawl
- introduction to breaststroke
- an introduction to sidestroke
- an introduction dolphin kick
- feet first surface dive

Level 5: Stroke Refinement

While learning more in-depth water safety, participants learn:

- treading water with two different kicks
- survival swimming
- diving from a standing position
- sidestroke
- pike and tuck surface dives
- backstroke
- various competitive turns

Waverunners

The Waverunners Swim Club is designed to develop a life-long appreciation for swimming. Whether the participant wants to be on swim team or just loves the water, this program will help them improve their swim stroke, make that distance or time goal, or simply have fun in the water. Participants will focus on stroke development, distance swimming, sprints, entries, and more. Mock Swim Meets are occasionally held as an introduction to racing, and spectators are more than welcome!

Participants are expected to pass a minimum requirement: Swim 25 yards doing Front Crawl and Back Crawl.