

## Learn-to-Swim by our American Red Cross certified and trained instructors

**Preschool Levels 1-3:** Appropriate for any 3-5-year-old child. This class is for both "new to the pool" and toddlers who've already taken some learn-to-swim classes. Toddlers will learn basic aquatic skills and develop more comfort in and around water. Level 1 class will teach children to fully submerge their head and learn the basics of breath control and floating front and back with support. Level 2 continues floating skills adding gliding, kicking, paddling and stroking, and jumping in independently. Toddlers progressing to Level 3 will be challenged to swim independently on front and back, jump in and return to wall by self,



**Learn-to-swim Levels 1-6:** program designed for children 6-12 years of age. Children will be pre-tested and then grouped with others of like abilities to be taught skills that will help them be safe in and around water. Skills range from bobs, floating, to treading water and various stroke refinement of both competitive strokes (front crawl, back crawl, breaststroke, butterfly) as well as survival strokes (side stroke and elementary backstroke).

**Private lessons:** A 30-minute one-to-one instruction for children ages 12 years. This alternative to group lessons offers focused attention to your child's needs and skills. Your child will have four-30 minute classes and the instructor will assess and teach skills accordingly; whether entry level skills such as submerging face and breath holding, or swimming stroke refinement for front crawl, breaststroke or more competitive strokes.



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**Adult lessons:** Swimming instruction for adults! Whether you want to **overcome fear** of water or gain skills to **compete in tri-athlons**, instructors are ready to help you advance your swimming skills. Learn floating, treading and other survival skills as well as basic and competitive strokes. Course designed for people 13-103 years of age.

For class dates & times as well as registration time for each session, call 757-591-4573.