American Red Cross Swim Lessons and Non-Competitive Swim Team

Child’s Name____________________________
Age_________________ D.O.B.________________

Session(s)___________Time(s)_____________
[EB Reg] [Reg]

Member Non Members

LONGVIEW RECREATION CENTER
AMERICAN RED CROSS SWIM LESSONS
WINTER/SPRING EARLY-BIRD DEADLINES
(Any Swimming Lessons Registration turned in after the deadline for the current session, the price will increase $3.00)

SESSION DEADLINE
January January 31
February January 29
March March 4
April April 1
May April 29

Swim Lessons Skill Levels
SKILL LEVELS (SKILLS NEEDED TO PASS TO THE NEXT LEVEL)

1. Water Exploration: Enter unassisted, move for 5 yards, bob 5 times to chin level and exit water. Float on front and back with support for 3 seconds and submerge face for 3 seconds.
2. Primary Skills: Floating and kicking on front and back; combining arm and leg action; relaxed in deep water; rhythmic breathing. Push off and swim using a combination of arm and leg actions for 15 feet on front and back.
3. Stroke Readiness: Tread water; Knee-dive from side of pool; Coordinate arm stroke with breathing; elementary backstroke; Introduction to deep water bobbing.
4. Stroke Development: Standing dive from side of pool; Front crawl 25 yards; Back crawl 25 yards; Breaststroke and sidestroke 10 yards; Introduction to flip turns.
5. Stroke Refinement: Standing dive from board; Front crawl and back crawl 50 yards; Introduction to butterfly.
6. Skill Proficiency: Front crawl and back crawl 100 yards; Breaststroke 50 yards; Butterfly 50 yards; 500 yard continuous swim and Cooper 12-minute swim test; advanced turning skills.

IF YOU HAVE ANY QUESTIONS CONTACT: DARREN MUCKEY @ 816.604.2400