



## COURSE INFORMATION SHEET

### PRESCHOOL LEVELS 1-3

### AGES 3-5

Welcome to the Group Swim Lesson program at Circle C Aquatics! We proudly offer the American Red Cross Preschool Aquatics program. If you have taken lessons with us before, please read through the following information as there have been many changes to our Group Swim Lesson program.

Group lessons are split into two groups, Preschool level classes are for kid's ages 3-5 years. To find the right class to register your child for, please read through the pre requisite for each class and determine which level your child qualifies for. Minimum and maximum number of participants per class is listed as (min/max)

#### Preschool Level 1- Jellyfish

(1/6)

Participant should be able to the following:

- Sit on the stairs with instructor without a parent in the area
- Follow along with the instructor in a classroom setting
- Follow directions from the instructor



#### Preschool Level 2- Starfish

(1/6)

Participant should be able to do the following with support:

- Enter water independently using ramp, step or side, travel at least 5 yards, submerge mouth and blow bubbles for 3 seconds then safely exit the water
- Glide on front at least 2 body lengths, roll onto back and float for 3 seconds, then roll from back to a vertical position with support



## Preschool Level 3- Sea Horse

(1/6)

Participant should be able to do the following with assistance:

- Glide on front at least 2 body lengths with assistance then roll onto back and float for 15 seconds, then roll from back to a vertical position
- Glide on back for 2 body lengths, roll to front and then turn to a vertical position
- Swim using combined arm and leg actions on front for 3 body lengths, then roll to a back float for 15 seconds, roll to front and continue swimming for 3 body lengths

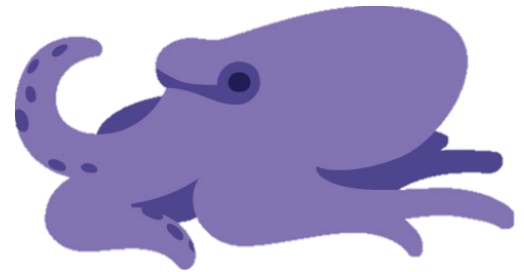


## Preschool Level 3 advanced- Octopus

(1/6)

Participant should be able to do the following without support or assistance:

- Swim using combined arm and leg action on front for 10-15 yards with rotary breathing
- Swim using combined arm and leg action on back for 10-15 yards
- Roll from a front glide to a back float for 15 seconds, turn over back to front and swim 4 body lengths to a wall



- Group Lesson registration is done online through your Daxko account.
- A Resident Information or Non-Resident information form MUST be on file before registration.
- Once in Daxko, browse the programs or search for Group Lessons.
- Pay and register for the desired session and class. A conformation email will be sent within 24 hours of registering.
- Please be aware that registration closes the Friday before the start of a session. **No late registration will be accepted.**
- If participant is unable to meet the prerequisite for a class on the first day, Circle C Aquatics will attempt to transfer the participant into an appropriate class. If no classes are available, a credit will be put on the participant's account to use towards another session.
- If you have any questions, please email the Head Lesson Instructor at [lessons@ccswim.net](mailto:lessons@ccswim.net)
- **By registering for Group Lessons, you indicate you have read through and agree to all Group Lesson Policies.**