



COURSE INFORMATION PAGE

LEARN-TO-SWIM LEVELS 1-6

AGES 6+

We proudly offer the American Red Cross Learn-To-Swim program.

To find the right class to register your child for, please read through the prerequisite for each class and determine which level your child qualifies for. Minimum and maximum number of participants per class is listed as (min/max)

Learn to Swim Level 1 and 2 - Sea Otter (1/6)

Participant should be able to do the following on the first day of class:



- Use both hands to hold onto the wall with an instructor without a parent in the area
- Follow along with the instructor in a classroom setting
- Submerge mouth, nose and eyes and blow bubbles 5 times.
- Follow directions from the instructor.

Learn to Swim Level 3 – Dolphin (1/6)

Participant should be able to do the following with assistance on the first day of class:



- Enter water independently, travel 5 yards, bob 5 times then safely exit the water.
- Glide on front at least 2 body lengths, roll to a back float for 5 seconds and recover to a vertical position.
- Jump into water just above head, push off the bottom, move into a treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths then exit the water.
- Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
- Push off and swim using arm and leg action for 5 body lengths, roll to back float for 15 seconds, roll to front then continue to swim for 5 body lengths.

Learn to Swim Level 4 - Hammerhead (1/6)

Participant should be able to do the following without support or assistance on the first day of class:



- Jump into water above head, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn, then swim using freestyle and/or elementary backstroke for 25 yards then exit the water.
- Push off in a streamlined position, then swim freestyle for 15 yards, change position and swim elementary backstroke 15 yards then exit the water.