

American Red Cross Class Descriptions

YOUTH LEVELS	Student Learning Objectives
Parent & Child Aquatics– DUCKLINGS \$45 24 months-3 years With Parent	Prior to registering, child must be able to hold up head. Parent/Guardian Must attend each class. Objectives of this course are for the participant to gain confidence with Water adjustment; have fun & enjoyment of the water; while learning cues, blowing bubbles, float with assistance on front and back, and coordinated arm, hand, and leg movements.
Little People (Preschool Aquatics) Ages 3-5 no parent \$45	Objectives of this course are to: Independently enter and exit the water; Float on front and back with & without assistance; kicking while on front & back; blowing bubbles, bobbing. Jumping from the side with a prompt & following directions. Totally submerged face & body; grab an object from the bottom and fun & enjoyment of the water. <i>*If child is unable to attend without the aid of a parent, they will be moved to Ducklings. Parents cannot stand over the pool edge with the child during this class. This class is designed for independent experiences.</i>
LEVEL 1 Introduction to Aquatic Skills \$55 <i>Recommended for ages 6 and Up or Successful Little People</i>	Objectives of this course will be: To enter and exit water using steps, ramps and side; blow bubbles; bobbing; retrieve objects underwater; front glide to vertical position, and back glide to a vertical position both with assistance; roll from front to back, arm and hand actions with assistance, treading actions; leg kicking; basic combining of simultaneous motion with assistance; fully submerge.
LEVEL 2 Fundamental Aquatic Skills \$55	Objectives of this course will be: to fully submerge, hold breathe, bobbing and object retrieval; Front Glide; jelly fish float; tread water; combined arm and hand swimming movement on front and back to begin back stroke and freestyle swimming. Rotary breathing, and combining with arm movement on front; Floating on back and simultaneous kicking and arm movement on back.
LEVEL 3 Stroke Development \$55	Objectives of this course will be to: teach head first entry into deep water from both standing and kneeling position– Diving. Diving from side, submerge and retrieve an object while swimming underwater; Successfully swim with rhythmic breathing; Perform front and back glide using two different kicks; Perform back crawl; Float on front and back in deep water; Perform elementary back stroke Change from horizontal to vertical position on front and back Tread water using hand and leg movements; Breaststroke kick.
LEVEL 4 Stroke Improvement \$55	Objectives of this course will be to: Perform a dive from standing and stride position; Swim under water; Perform feet-first surface dive; Perform open turns on front and back; Tread water using sculling arm motions; Perform; Butterfly kick; Perform the following: Front and back crawl, breast stroke, butterfly, elementary backstroke; Swim on side using scissors-like kick; Distance of each stroke is 25m.
LEVEL 5 Stroke Refinement \$55	Objectives of this course will be to: Standing dive, shallow dive, glide two body lengths and begin any front stroke; Perform tuck surface dive Perform with power and in the flow of swimming front flip turn, backstroke flip turn to front and back stroke; Swim butterfly, Swim breast stroke, elementary backstroke, sidestroke; Tread water with two different kicks; survival swimming.