

RED CROSS CERTIFIED Parent and Child Aquatics and "LEARN TO SWIM" LEVELS

Our primary goal is to provide the child with a pleasant, fun-filled water experience, and to teach basic aquatic skills with an emphasis on safety.

Parent/Child Swim

This class is designed for children 6 months to 5 years of age. This program builds swimmer readiness by emphasizing having fun in the water with a parent.

Preschool Level 1

This is an introductory swimming course offered to younger swimmers 3 - 5 years of age. Children will learn elementary skills such as getting into and out of the water, bubble blowing, front floating, kicking, back floating and swimming with a life jacket. Basic safety rules in and around water will also be introduced.

Preschool Level 2

This course is designed for students who have shown progress in the Preschool Level 1 course and are 4 - 5 years of age. New skills will build on those taught in the Preschool Level 1. Those skills will include submerging head, learning arm and leg action on front and on back, entering the pool by stepping or jumping from the side, swimming with a life jacket, and learning basic safety rules.

Level 1 - Introduction to Water Skills

Students learn to enter and exit the water safely, open eyes under water and retrieve object, swim on front and back using alternate arm action, float on front and back, follow basic water safety rules, breath control, and how to use a life jacket.

Level 2 - Fundamental Aquatic Skills

Students review skills from Level 1 and also learn to enter water by stepping or jumping from the side, swim on side, tread water, submerge head, perform front and back glide, and swim on front and back using combined strokes.

Level 3 - Stroke Development

Students review skills from Level 2 and also learn to bob with head submerged, survival float, butterfly kick and body motion, rotary breathing, perform front and back crawl, reaching assist, and HELP and Huddle positions.

Level 4 - Stroke Improvement

Students develop confidence in the skills learned in Level 3 and also learn open turns on front and back, swimming on side using scissors kick, safe diving rules, performing a throwing assist, breaststroke, butterfly, elementary backstroke, swimming underwater, treading water and caring for a choking victim.

Level 5 - Stroke Refinement

Students learn further coordination and refinement of strokes from previous level. They also learn to tread water using two different kicks, survival swimming, performing rescue breathing, front flip turn, backstroke flip turn, sidestroke, pike surface dive and tuck surface dive.

Level 6 - Swimming and Skill Proficiency

Level 6 is designed with menu options that focus on preparing students to participate in more advanced courses including Water Safety Instructor and Lifeguard Training Courses. These levels

refine the strokes so students swim with ease, efficiency, power, and smoothness over great distances. (Diving course will not be taught at RVAC.)

Personal Water Safety - Lifeguard Readiness - Fitness Swimming - Fundamentals of Diving