



To: Learn to Swim Participants
From: Rita Shearer, Recreation Coordinator
Subject: Changes in the Learn to Swim format, starting Fall 2009

Date: July 7, 2009

- **NEW FORMAT AND TITLE: PARENT/CHILD AQUATICS (formerly Parent/Child Swim):**
PARENT/CHILD AQUATICS will teach water safety techniques to the parents so that they can help orient their children to the water. This program will be a “bonding experience”.

Level 1 of Parent/Child Aquatics (for children, ages 6 months to 1 ½ years)

Introduction: Basic water safety skills for both parents and children will be taught along with how to effectively acclimate your children to the water. Various safety topics will be discussed. (NOTE: Class size limited to **5** students.)

Level 2 of Parent/Child Aquatics (for children, ages 2-3 years)

Builds on skills learned in Level 1. (NOTE: Class size limited to **5** students.)

- **NEW FORMAT: PRESCHOOL AQUATICS (NEW - No parent involvement):**
Teaches aquatic and safety skills in a logical progression. Preschool Aquatics will be composed of three levels.

Level 1 of Preschool Aquatics (ages 4 – 5 years old) (Class size limited to **10** students.)

Objective: To help children feel comfortable in the water; to safely enjoy the water; and to learn elementary aquatic skills. An exit skills assessment will be done to advance to Level 2.

Level 2 of Preschool Aquatics (ages 4 – 5 years old) (Class size limited to **5** students.)

Children entering Level 2 must have a Preschool Aquatics Level 1 certificate or be able to demonstrate all of the completion requirements of Level 1 before being admitted into Level 2.

Level 2 marks the beginning of true locomotion skills. Continuous swimming foundation work on alternating arm and leg action on both the front and back will be taught. An exit skills assessment will be required to move on to Level 3.

Level 3 of Preschool Aquatics (ages 4 – 5 years old) (Class size limited to **5** students.)

Children entering Level 3 must have a Preschool Aquatics Level 2 certificate or be able to demonstrate all of the completion requirements of Level 2 before being admitted into Level 3.

Level 3 will build on the skills learned in Level 2 plus additional work on simultaneous and alternating arm and leg actions.

- **YOUTH LEARN TO SWIM PROGRAM HAS NOT CHANGED!**
The six levels of Learn to Swim instruction will help swimmers with varying degrees of abilities plus develop their swimming and water safety skills. An exit skills assessment will be done for Levels 2 through 6 in order to advance to the next level.
Level 1 – Introduction to Water Skills
Level 2 – Fundamentals of Aquatic Skills
Level 3 – Stroke Development and **Level 4** – Stroke Improvement
Level 5 – Stroke Refinement and **Level 6** – Swimming and Skill Proficiency



YOUTH SWIM PROGRAM FOR FALL SEMESTER 2009

Deadline to register: One week prior to beginning of class.

New Swim Lesson Requirements! Please read carefully!

ALL swim students (except Level 1) will be required to take a required prerequisite skills test at the beginning of the first swimming class. To learn more about this test, please call the Rec. Dept. at (216) 987-5456.

The following youth swim classes are for children, ages 5 years and up:

Youth Swim Classes:

Level I	Sat.	10-10:45am	\$44	9-12 to 11-14	86777
Level 2	Sat.	10:45-11:30am	\$44	9-12 to 11-14	86778
Levels 3 & 4	Sat.	10 -10:45am	\$44	9-12 to 11-14	86779
Levels 5 & 6	Sat.	10:45-11:30am	\$44	9-12 to 11-14	86780

New! Parent/Child Aquatics and Preschool Aquatics

The American Red Cross has revised the format and titles for its Parent/Child Swim Program. To read more about our new programs, please see more detailed information immediately following this schedule.

New! Parent/Child Aquatics, Level 1 (for ages 6 months to 1 ½ years old)

Parents must participate! Tuesdays 6-6:30pm 9-8 to 11-10 \$42 86773

New! Parent/Child Aquatics, Level 2 (for ages 2-3 years old)

Parents must participate! Tuesdays 6-6:30pm 9-8 to 11-10 \$42 86774

New! Preschool Aquatics, Level 1 (for ages 4-5 years old)

Parents **DO NOT** participate! Tuesdays 6:30-7pm 9-8 to 11-10 \$42 86775

New! Preschool Aquatics, Level 2 (for ages 4-5 years old with a Preschool Aquatics Level 1 certificate OR able to demonstrate all of the completion requirements of Level 1 before being admitted into Level 2)

Parents **DO NOT** participate! Tuesdays 7-7:30pm 9-8 to 11-10 \$42 86776

New! Preschool Aquatics, Level 3 (for ages 4-5 years old with a Preschool Aquatics Level 2 certificate OR able to demonstrate all of the completion requirements of Level 2 before being admitted into Level 3)

Parents **DO NOT** participate! Tuesdays 7-7:30pm 9-8 to 11-10 86838