

AMERICAN RED-CROSS & BOY SCOUTS OF AMERICA SWIMMING AND LIFEGUARDING COURSES

Red-Cross Infant, Toddler and Pre-school Program

Parent and Child Classes: This class is for children 1-3 years of age with a parent in the water. Basic water safety is taught and the children are oriented to swimming skills. The instructor

will cover how to hold the child in the water, breath control and buoyancy skills. Games and repetition will be used to reinforce skills.

Preschool Classes: This is a class designed for the student who is 4 or 5 years of age.

Level A - This level is for the 4 or 5 year old with no previous class experience or who is timid or fearful of the water. Entry and exit skills, submersion and bubble blowing will be practiced along with beginning to front and back float. Propulsive skills will be introduced.

Level B - This level is for the 4 or 5 year old with previous class experience. Breath control and floating will be taught. They will also learn the propulsive skills, alternating arm and leg action on front and back.

Red-Cross Progressive Level Swimming Courses and Boy Scout Merit Badges

Level 1 Introduction to Water Skills: This level is for the beginning swimmer that is 6 years and older and for the timid or fearful swimmer. Submersion, breath control skills and buoyancy are emphasized. Students will be taught to kick and begin arm movements that create propulsion. Introduction to the deep end of the pool is also started in this level.

Exit Skills Assessment - Must front float for 5 seconds unassisted, and recover to a standing position, back float for 5 seconds unassisted, and recover to a standing position, and perform a rollover from front to back.

Level 2 Fundamental Aquatic Skills: To enter, swimmer must be 6 years and have passed Level 1, or be able to front and back float and be comfortable in the water. Students will spend a great deal of this class preparing for a swimming in the deep end of the pool.

Exit Skills Assessment –

- 1) Must be able to swim the width of the deep end on the front rolling to the back when needing to breathe (windmill rollovers).
- 2) Push off and swim the width of the deep end on back using alternating arm and leg action.

Level 3 Stroke Development: To enter, swimmer should have passed Level 2 or be able to perform those skills. Swimmers must be totally adjusted to the deep end. Students will learn front crawl with rhythmic breathing, back crawl, the kick and body motion for the butterfly. Treading water will also be taught. They will perform sitting and kneeling dives from the side of the pool.

Exit Skills Assessment - Jump into chest deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern, maintain position by treading or floating for 30 seconds and swim back crawl for 15 yards.

Level 4 Stroke Improvement: Students in Level 4 will work on technique covering front crawl and back crawl. They will learn the butterfly, the breaststroke, and the elementary backstroke. Students are required to swim several lengths of the pool, in good form, every class period. They will perform standing dives from the side of the pool.

Exit Skills Assessment –

- 1) Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards.
- 2) Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

Level 5 Stroke Refinement: Students in this level will work on all of the Red Cross strokes until they have reasonably perfect form. The strokes are front crawl, back crawl, breaststroke, butterfly, elementary backstroke, and sidestroke. The flip turn for the front and back crawls will be taught. A shallow dive will be taught.

Exit Skills Assessment -

- 1) Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards.
- 2) Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

Level 6 Consists of 4 Modules: Each module is a separate course run independently. They are Personal water Safety, Fundamentals of Diving, Lifeguard Readiness and Fitness Swimmer. Endurance swimming and the turns are emphasized in each of the modules. Each module has an exit skills assessment particular to that module.

Specialty Classes - Boy Scout Merit Badge Courses: We offer classes for the Swimming Merit Badge and the Lifesaving Merit Badge. The merit badges require advanced skills, we require all participants to be Level #4 swimmer or above.

Adult Beginning Swimming

This class is designed for the beginner with no experience or those wishing to improve their basic swimming skills. We begin by becoming adjusted to the water and submersion. Breath control skills are introduced prior to any buoyancy skills. After both breath control and buoyancy are mastered, we move to skills that begin propulsion. We strive to become capable in the deep water and have several drown proofing skills mastered. Anyone over the age of 13 may register for this class.

Adult Advanced Swimming

This class is for the swimmer who is proficient in the deep end but wishes to learn additional strokes as well as perfect the strokes they already have. Anyone over the age of 13 may register for this class.

Professional Lifeguard Training

Lifeguard Training, as taught by the American Red Cross, is for those who are at least 15 years or older, have completed level #5 in swimming and are interested in becoming certified. Classes are taught between January and May every year. Call us at 801.774.1050 to get further information as well as to be placed on the call list.

Water Safety Instructor

Water Safety Instructor (swimming instructor) is a course that is taken by those wishing to instruct swimming. The student must be 16 years of age, having taken and passed level #5 swimming and be interested in becoming certified. This course is taught in the late winter and early spring every year. Call us at 801.774.1050 and get further information as well as to be placed on the call list.

Private Swimming Instruction

Generally, most children as well as adults experience more success in public instruction than private. It is our philosophy to instruct privately only when a student has special needs such as a disability that cannot be dealt with in public classes or needs a certain skill that repeatedly has kept that student from passing a level.