

RED CROSS SWIM PRESCHOOL PROGRAM FOR DWIGHT AND BAYSVILLE

**COST: \$43 per child for 10 lessons \$40 per child for 9 lessons
(for children 4 months to 5 years of age)**

Preschool Level	Maximum #	Description	
Starfish With a parent 4-18 mths	10 30 min.	Parent and Tot class -- getting wet, intro to submersion, intro to rhythmic breathing, buoyancy and movement, moving through the water, front & back float (assisted), playing & songs, use of buoyant aids, Stop-Look-Ask.	*12:30 - 1:00 Combined with Duck
Duck With a parent 18-30 mths	10 30 min.	For toddlers or older babies with a parent or caregiver. Toddlers build confidence while enjoying the water through games, songs, and active water play.	*12:30 - 1:00
Sea Turtle 30-36 mths Starts out parented	5 30 min.	A transitional level for preschoolers and their parents. Parents can gradually transfer the preschoolers to the care of the instructor. When the child is ready the parent can slowly remove themselves out of the pool and to the pool lobby. Children learn water safety rules, swimming skills, bubbles, assisted front floats, assisted back floats. This will build up their confidence while enjoying the water through games, songs, and activities.	11:45 - 12:15
Salamander Without a parent 3-5 years	5 30 min.	Attempt to open eyes under water, rhythmic breathing 3x, front & back float & recover for 3 sec. (unassisted), Roll over floats 6 sec. (assisted), Front & back glide with kick 5 sec. (assisted), Distance Swim 2m, Front and Back Float in deep water for 5 sec., jump into deep water (unassisted). Preschoolers actively learn new swimming skills through songs and games. This is the first level without a parent- children must be 3 years or older.	12:00 - 12:30
Sunfish 3-5 years	5 30 min.	Rhythmic breathing 5x-2 ways, front & back glide 5 sec. front & back glide with kick 1m, roll over glides 5 sec., Side glide with kick 2 sec (assisted) front swim 2m, kick with buoyant aid 5m, distance swim 5m. Front & back float and recovery in deep water 5 sec, stop, call for help.	11:30 - 12:00
Crocodile 3-5 years	5 30 min.	Rhythmic breathing 10x-2 ways, front glide with kick 3x2m, back glide with kick 2m, side glide with kick 1m, front & back swim 5m, distance swim 10m, dolphin kick (assisted), kick with buoyant aid 10m, jump into deep water, surface support 10 sec., change direction in deep water.	Not available Register for Swim 1.
Whale 3-5 years	5 30 min.	In whale, children will learn to swim independently and participate in team games. Preschoolers will increase their distance and improve skills in front and back swims. Swimmers also learn about throwing assists to help another person in the water.	Not available Register for Swim 2

RED CROSS SWIM KIDS

**COST: \$43.00 PER CHILD FOR 10 LESSONS \$40.00 PER CHILD FOR 9 LESSONS
For Youth 6 years of age and older**

Swim 1	6 30 min	Rhythmic breathing, front float-3 sec., back float- 3 sec, rollover floats, front glide-3 sec, back glide-3sec, front &back glide & kick-5 sec, distance swim 5m.	11:00 - 11:30
Swim 2	6 30 min	Rhythmic breathing, front float-5sec, back float-5sec, front and back glide-5m., side glide and kick, distance swim 10m, deep water activities	11:15-11:45
Swim 3	6 30 min	Rhythmic breathing, front and back glide-10m, side glide-5m, front glide/side glide combo, front crawl, change of direction in deep water, surface support-20 sec,	10:15 - 10:45
Swim 4	6 30 min	Front glide/side glide combo, front crawl-10m, dolphin kick-15m, distance swim 25m.	10:45 - 11:15
Swim 5/6	8 45 min	Front and back crawl - 15m, distance swim 50m and 75m, whip kick on back, elementary back stroke	10:15 - 11:00
Swim 7/8	10 45 min	Front and back crawl - 100m, elementary back stroke - 50m, breast stroke - 50m, distance swim - 150m and 300m.	9:30 - 10:15
Swim 9/10	10 45 min	Front and back crawl - 100m, elementary back stroke, breast stroke, butterfly, vertical dolphin, distance swim - 500m.	9:30 - 10:15
Aquafitness	45 min	Water exercise at the beach - Come and enjoy the sun and the water and get fit at the same time. Water is an excellent medium for strengthening, toning and working aerobically. There is no impact, no sweat and no excessive heat. Great for men or women of all ages and physical condition. Cost : \$43.00 for Session or \$5.00 drop in .	12:15 - 1:00