

Class Level descriptions

PARENT-TOT

(6 months - 4 years old) - Each student must be accompanied in the water by a parent or legal guardian. This course is designed to introduce infants and toddlers to the water in a playful manner, teaching parents to teach their children basic skills. 30 minute classes include water adjustment and games/songs.
(Minimum: 3, Maximum: 8)

AQUA TOTS

(3 - 5 years old) This 35 minute class will be a basic Level I class. Parents will not enter the water with their children in this class. Please note: Children who are not able to perform independently should not be enrolled in this class.
(Minimum: 3, Maximum: 10)

RED CROSS LEARN-TO-SWIM SKILL LEVELS (Minimum 6, Maximum 10 for the following classes)

- **LEVEL I: INTRODUCTION TO WATER SKILLS**
Purpose is to help students feel comfortable in the water. Class includes basic skills such as entries, submerging, holding breath, floating, kicking, and arm action.
- **LEVEL II: FUNDAMENTAL AQUATIC SKILLS**
Purpose is to give students success with fundamental skills. New skills introduced include bobbing, turning over, gliding, front and back crawl, treading water, swim on side.
- **LEVEL III: STROKE DEVELOPMENT**
Purpose is to build on the skills in Level 2 through guided practice. New skills include deep water entries, survival float, butterfly dolphin kick, rotary breathing, and basic rescue skills.
- **LEVEL IV: STROKE IMPROVEMENT**
For students who have passed Level III or can demonstrate proficiency in Level III skills. New skills in Level IV include turns, shallow dives, swim underwater, feet first surface dives, front crawl, back crawl, breaststroke, butterfly, elementary backstroke.
- **LEVEL V: STROKE REFINEMENT**
For students who have passed Level IV or can demonstrate proficiency in Level IV skills. Class skills include standing dives, head first surface dives, flip turns, survival swimming, rescue breathing.
- **LEVEL VI: SWIMMING AND SKILL PROFICIENCY**
This course is presented in 3 sections:
 - Section One - Core swimming skills plus the American Red Cross Personal Water Safety Course
 - Section Two - Core swimming skills plus Fitness Swimming
 - Section Three - Core swimming skills with an introduction to Lifeguard Readiness/Water Safety Instruction to aid with lessons