



American Red Cross

Group Swim Lesson 2018 – Session III

Member- \$78 Non-member- \$98

Tuesday Session Dates: April 17, 24; May 1, 8, 15, 22 (6 classes, 1 time weekly)

Seahorse Parent/Child	Red Fish 3-4 years	Orange Fish 3-4 years	Guppy Level 1 5 & up	Turtle Level 2 5 & up	Porpoise Level 3 5 & up	Whale Level 4 5 & up	
	10:30-11:00 am 1:00-1:30 pm	11:00-11:30 am 2:00 – 2:30 pm	1:00 – 1:30 pm 5:00 - 5:30 pm	5:30 –6:00 pm	6:00–6:30pm	6:30-7:00 pm	

Thursday Session Dates: April 19, 26; May 3, 10, 17, 24 (6 classes, 1 time weekly)

Seahorse Parent/Child	Red Fish 3-4 years	Orange Fish 3-4 years	Guppy Level 1 5 & up	Turtle Level 2 5 & up	Porpoise Level 3 5 & up	Whale Level 4 5 & up	Shark Level 5 5 & Up
5:00 - 5:30 pm	5:30 –6:00 pm	6:00–6:30pm	5:00 - 5:30 pm	5:30 –6:00 pm	6:00–6:30pm	6:30-7:00 pm	6:30-7:00 pm

Saturday Session Dates: April 21, 28; May 5, 12, 19, 26 (6 classes, 1 time weekly)

Seahorse Parent/Child	Red Fish 3-4 years	Orange Fish 3-4 years	PS III	Guppy Level 1 5 & up	Turtle Level 2 5 & up	Porpoise Level 3 5 & up	Whale Level 4 5 & up	Shark Level 5 5 & Up
10:00-10:30am	10:30-11:00am	11:00-11:30am	11:30 - 12pm	10-10:30am	10:30-11am	11-11:30am	11:30a-12:00p	11:30a – 12:00p

** There are no refunds or make-up lessons for group swim



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Class Descriptions:

Parent/Child Classes- 6 to 36 months old *Parents must be in the water with the child

Seahorse - (Toddler & Parent) 6 months to 3 years: Introduces the child to the water through teacher/parent-guided activities and socializing. Basic skills learned—buoyancy, kicking, submerging faces, arm stroking, blowing bubbles and shallow water activities.

Preschool Classes (3-4 years old)

Red Fish – Level 1 - Promotes safety and acclimation to the water. Basic skills learned- floating, submerging their face, kicking, forward and backward progression, recover from floats.

Orange Fish – Level 2 - Skills learned- Front with rhythmic breathing & back crawl, glides, rolling from front/back/front, finning, treading. Acquire a comfort level in the deep end and gain independence.

Intermediate Swimming Classes (Ages 5 & Up)

Guppy - Level 1 - Skills learned - floats, glides, bobs, roll from front/back/front, submerging their face, blowing bubbles, finning. Front crawl with rhythmic breathing and back crawl. Must be comfortable in the deep water by the end of class.

Turtle - Level 2 - Build on Guppy skills and endurance. Skills learned - Rhythmic breathing, glides, dolphin kicks, treading, finning and deep-water swimming.

Porpoise - Level 3 - Improve on front/back crawl. Introduction to elementary backstroke and sidestroke. Class taught in deep water.

Whale - Level 4 - More proficient front and back crawl, sidestroke and elementary backstroke. Introduction to breaststroke, survival float, open turns and alternating kicks for treading.

Shark - Level 5 - Learn butterfly and flip turns. Refine all strokes and perform a 500-yd. continuous swim using all strokes. Swim team ready.