



**American
Red Cross**

Group Swim Lesson Fall 2017 – Session 2

Member- \$78 (Registration: September 6th)

Non-member- \$98 (Registration: September 20th)

Saturday Session Dates: November 4- December 23 (8 classes, once weekly)

Seahorse Parent/Child	Red Fish 3-4 years	Orange Fish 3-4 years	Minnows 5 & up	Otters 5 & up	Sharks 5 & up	Whales 5 & up	Stroke Refinement Level 5 & 6
10-10:30am	10:35-11:05am	10:35-11:05am	11:10-11:40am	11:10-11:40am	9:15-9:45am	9:15-9:45am	9:15-9:45am

Tuesday: October 3-November 28 (8 classes, once weekly) (Skip 10/31)

Seahorse Parent/Child	Red Fish 3-4 years	Orange Fish 3-4 years	Minnows 5 & up	Otters 5 & up	Sharks 5 & up	Whales 5 & up	Stroke Refinement Level 5 & 6
5:00-5:30 pm	5:45-6:15 pm	5:45-6:15 pm	6:20-6:50 pm	6:20-6:50 pm	7-7:30 pm	7-7:30 pm	7-7:30 pm

Thursday: October 5-November 30 (8 classes, once weekly) (Skip 11/23)

Seahorse Parent/Child	Red Fish 3-4 years	Orange Fish 3-4 years	Minnows 5 & up	Otters 5 & up	Sharks 5 & up	Whales 5 & up	Stroke Refinement Level 5 & 6
5:00-5:30 pm	5:45-6:15 pm	5:45-6:15 pm	6:20-6:50 pm	6:20-6:50 pm	7-7:30 pm	7-7:30 pm	7-7:30 pm

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

Orange Fish- 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

Minnows- 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.

Otters- Build on Minnows skills and endurance. Skills learned - Rhythmic breathing, glides, dolphin kicks, treading, finning and deep-water swimming.

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

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

Stroke Refinement (Level 5 & 6)- Learn butterfly and flip turns. Refine all strokes and perform a 500-yd. continuous swim using all strokes. Swim team ready.