

# Preschool Aquatics

Ages: 3-5 years      Time Length: 20-30 minutes

\*Children 2 years or younger may be permitted to take preschool level lessons with special permission from WSI.

\*Children ages 3-5 are subject to being moved up to the L-T-S levels based on presented skills.

The American Red Cross Preschool Aquatics is designed for children approximately 3 to 5 years of age. The purpose of the course is to facilitate developmentally appropriate learning of fundamental water safety and aquatic skills.

Preschool Aquatics consists of three levels:

**Level 1 objectives:** Orients children to the Aquatic Environment and teaches them the basic aquatic skills.

**Level 2 objectives:** Children will build upon the skills learned in Preschool Level 1 to gain more comfort and independence.

**Level 3 objectives:** Children will start to gain basic swimming propulsive skills.

# Learn-To-Swim & Learn-To-Swim Adult

Ages: 6-13      Ages: 13+      Time Length: 30 minutes

The objectives of the American Red Cross Learn-to-Swim courses are to teach children and young teens to be safe in, on, and around the water and to swim well. Aquatic and personal water safety skills are taught in a logical progression through six levels. Participants in Level 1 are oriented to the aquatic environment and gain some basic skills in each category. As they progress through the levels, participants build on their basic skills to learn and refine various propulsive movements on the front, back and side. On successful completion of Level 3, participants have achieved basic water competency in a pool environment. By the end of Level 6, participants have the prerequisite skills and have developed the necessary skill and fitness levels for entrance into advanced courses.

Learn-to-Swim consists of six levels:

**Level 1 objectives:** designed to orient participants to the aquatic environment and to help them gain basic aquatic skills.

**Level 2 objectives:** builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back.

**Level 3 objectives:** builds on the skills learned in Levels 1 and 2. Participants learn to swim the front crawl and elementary backstroke at rudimentary proficiency levels, and are introduced to the scissors and dolphin kicks. Participants learn the survival float and increase the time duration for treading water. On successful completion of Level 3, participants have achieved basic water competency in a pool environment.

**Level 4 objectives:** seeks to improve participants' proficiency in performing the swimming strokes that were introduced in Level 3. Participants perform these strokes with increased proficiency and are able to swim them for greater distances.

**Level 5 objectives:** focuses on helping participants refine their performance of all six swimming strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke). Participants perform these strokes with increased proficiency and are able to swim them for greater distances. Participants also learn to perform flip turns on the front and back.

**Level 6 objectives:** refining strokes and turns and building endurance.

## Meet the Instructors

### Madeline Boyd

"Hi, my name is Madeline Boyd! This fall I will be a senior at Western Illinois University, majoring in Social Work. I have been a lifeguard since the summer of 2016, and have been giving private and group lessons since then. I am now a Red Cross Certified Water Safety Instructor. I specialize in infants and younger kids, but I work well with children of all ages."

### Julia Vincent

"Hello! When I was younger, I was certified as a lifeguard and instructor and taught swim lessons to children. In my retirement I volunteer with the local animal shelter, work with children involving equine therapy and have returned to teaching swim lessons. I am a Red Cross Certified Water Safety Instructor and currently teach anyone who wishes to learn to swim."

All Swimming Lessons are taught by Red Cross Certified Water Safety Instructors.

Individual Lessons	Package Lessons
<b>Preschool Aquatics:</b> Member                      \$15  Non-Member              \$20	<b>Preschool Aquatics:</b> Member: 6 Lessons                      \$80 8 Lessons                      \$105 10 Lessons                    \$120  Non-Member: 6 Lessons                      \$115 8 Lessons                      \$140 10 Lessons                    \$170
<b>Learn-To-Swim:</b> Member:                      \$20  Non-Member:              \$25	<b>Learn-To-Swim:</b> Member: 6 Lessons                      \$110 8 Lessons                      \$135 10 Lessons                    \$160  Non-Member: 6 Lessons                      \$140 8 Lessons                      \$190 10 Lessons                    \$220