



Swimming Lessons



Welcome

Welcome to Red Cross Swimming Lessons at The Center for Health Improvement

- Swimming Lessons are taught by certified Red Cross Water Safety Instructors and are based on Red Cross Levels; Parent and Child Aquatics, Preschool Aquatics and Learn to Swim levels 1-3.
- Class size is limited to maintain a ratio of five children per instructor (3 children per instructor for preschool).
- Parent and Child Aquatics, Preschool Aquatics, Learn to Swim Levels 1-2 are held in our warm-water pool.
- Lessons are available to members and non-members throughout the year.

PARENT AND CHILD AQUATICS

- For children ages 6 months to 3 years
- 40 minute classes, held Mon. - Fri. (1 week only)
- Parent participation is required

Objectives

- Learn ways to enter and exit the water safely.
- Retrieve objects below the surface and submerged objects with eyes opened.
- Glide on the front and back with assistance.
- Perform combined arm and leg actions on front and back with assistance.
- Change body position in the water.

continued on back side

PRESCHOOL AQUATICS

- For children ages 3-5 years
- 40 minute classes, held Mon. - Fri. (1 week only)
- Parent participation is NOT required

Objectives

- Enter the water independently, using the ramp, steps, or side and travel at least 5 yards.
- Submerge mouth and blow bubbles for at least 3 seconds.
- Exit the water safely.
- Glide on front for at least 2 body lengths with support.
- Roll to back and float for at least 3 seconds with support.
- Recover to a vertical position with support.

LEARN TO SWIM: LEVELS 1-3

- Children begin about 5 years old
- 40 minute classes, held Mon.-Thurs. (2 weeks)
- Parent participation is NOT required

Level 1 Objectives

- Enter the water independently using the ramp, steps, or side.
- Travel at least 5 yards, bob 5 times, and then safely exit the water.
- Open eyes underwater and retrieve submerged object.
- Glide on front with assistance for at least 2 body lengths.
- Roll to a back float for 5 seconds with assistance.
- Recover to a vertical position with assistance.
- Combine arm and leg actions on front and back with assistance.
- Alternate and simultaneous arm and leg actions on front and back with assistance.

Level 2 Objectives

- Step from the side into chest-deep water.
- Fully submerge and hold breath.
- Push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths and then exit the water.
- Move into a back float for 15 seconds, roll to front and then recover into a vertical position.
- Push off and swim using combined arm and leg actions on the front for 5 body lengths, roll to back, float for 15 seconds, roll to the front and then continue swimming for 5 body lengths.

Level 3 Objectives

- Flutter, scissors, breaststroke and dolphin kicks.
- Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate a full turn and then turn as necessary to orient to the exit point.
- Swim the front crawl and/or elementary backstroke for 25 yards and then exit the water.
- Push off in a streamlined position, swim the front crawl for 15 yards, change position and direction, swim the elementary backstroke for 15 yards and then exit the water.

LEVELS 4-6 PRIVATE LESSONS ONLY

PRIVATE SWIMMING LESSONS

Private lessons provide one-on-one instruction for all ages and abilities. These lessons can be scheduled any day of the year and are offered in 30 or 45 minute timeframes. Once you have filled out the request form, an instructor will contact you to schedule your lessons at a mutually agreed upon time. Please stop by the front desk to fill out a private lesson request form or to inquire about fees.

To enroll your child in lessons, please call The Center for Health Improvement at 785-623-5900.

For more information or questions call or email Kelly Flaska at 785-623-5296 or kelly.flaska@haysmed.com.