



City of Goodyear 2019 Swim Lessons Learn-to-Swim – Level 1

Purpose

American Red Cross Learn-to-Swim – Level 1 is designed for participants 4 to 8 years of age. The purpose of the Learn-to-Swim – Level 1 is to introduce basic aquatic skills that students can build on as they progress to upper levels. It is designed to overlap Preschool Aquatics – Levels 1 & 2 and further participants' confidence in the water as well as understanding of water safety.

Description

This class is designed to get participants comfortable getting in and moving through the water and be willing to submerge their face while blowing bubbles efficiently. The participants should be able to perform arm and leg movements with little assistance.

Prerequisites

Prerequisites can be performed with assistance.

- Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to vertical position.
- Glide on back for at least 2 body lengths, roll to front, then recover to a vertical position
- Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for at least 3 body lengths.

Exit Skill Assessment

- Enter independently, using either the ramp, steps, or side; travel at least 5 yards; bob 5 times; then safely exit the water.
- Glide on front at least 2 body lengths, roll to a back float for 5 seconds and recover to a vertical position. (This portion can be performed with little assistance)

Learn-to-Swim – Level 1 Classes Offered Summer 2019

Classes are small in size to give participants the opportunity to work closely with an instructor to learn how to swim; minimum participation 3, maximum 6.

Session 1: May 20 - 31 -No class May 27

9:10 am	11:10 am
9:50 am	11:50 am
10:30 am	

Session 4: July 1 - 12 - No class July 4

9:10 am	4:40 pm
10:30 am	5:20 pm
11:10 am	6:40 pm
4:00 pm	

Session 2: June 3 - 13

9:50 am	4:40 pm
10:30 am	5:20 pm
11:50 am	6:00 pm
	6:40 pm

Session 5: July 15 - 25

9:10 am	11:50 am
9:50 am	4:00 pm
10:30 am	5:20 pm
11:10 am	6:40 pm

Session 3: June 17 - 27

9:10 am	11:50 am
9:50 am	4:40 pm
10:30 am	5:20 pm