



## City of Goodyear 2019 Swim Lessons Learn-to-Swim – Level 2

### Purpose

American Red Cross Learn-to-Swim – Level 2 is designed for participants 6 to 12 years of age. The purpose of Learn-to-Swim – Level 2 is for participants to become fully independent while moving in the water. At this level, participants should be able to float independently and recover. They should further develop simultaneous and alternating arm and leg actions, independently, to lay foundation for future strokes.

### Description

This class is designed to increase participants' confidence in the water. In this level, they should learn to swim independently using arm and leg movements, but may still need assistance when taking a breath.

### Prerequisites

- 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)

### Exit Skill Assessment

- Step from the side in chest-deep water, 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, then exit the water.
- Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
- Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for at least 5 body lengths.

### Learn-to-Swim – Level 2 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  
10:30 am  
11:10 am  
11:50 am

#### Session 4: July 1 – 12 – No class July 4

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

#### Session 2: June 3 - 13

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

#### Session 5: July 15 - 25

9:10 am  
9:50 am  
4:00 pm  
4:40 pm  
6:00 pm  
6:40 pm

#### Session 3: June 17 - 27

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