



City of Goodyear 2019 Swim Lessons Learn-to-Swim – Level 3

Purpose

American Red Cross Learn-to-Swim – Level 3 is designed for participants 6 to 12 years of age. The purpose of Learn-to-Swim – Level 3 is to expand proficiency of learned skills by providing additional guided practice. Participants will learn water survival skills and also learn both front crawl and elementary backstroke fundamentals. Towards the end of the class, participants will learn rules for headfirst entries from a seated position.

Description

This class is designed to introduce survival floating skills as well as a formal introduction to front crawl and elementary backstroke. In completion of this level, participants will have achieved basic water competency in a pool environment. All participants entering this level are required to perform prerequisites completely unassisted.

Prerequisites

- 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.

Exit Skill Assessment

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

Learn-to-Swim – Level 3 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 4, maximum 6.

Session 1: May 20 - 31 -No classes offered

Session 2: June 3 - 13

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

Session 3: June 17 - 27

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

Session 4: July 1 - 12 – no class July 4

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

Session 5: July 15 - 25

9:50 am
11:50 am
4:40 pm
6:40 pm