



City of Goodyear 2019 Swim Lessons Learn-to-Swim – Level 4

Purpose

American Red Cross Learn-to-Swim – Level 4 is designed for participants 6 to 14 years of age. The purpose of Learn-to-Swim – Level 4 is for participants to improve their aquatic skills and increase their endurance by swimming the strokes learned in Level 3 for greater distances and with increased proficiency. In this level, participants will also begin to learn the fundamentals for breaststroke, back crawl, and butterfly.

Description

This class is designed to improve the technique of front crawl and elementary backstroke learned in Learn-to-Swim – Level 4 as well as increase endurance while performing these strokes. Participants will also begin to learn new arm actions to begin to learn breaststroke, back crawl, and butterfly. At the end of this level, participants will know all swimming strokes.

Prerequisites

- 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.

Exit Skill Assessment

- Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
- Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.
- Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.

Learn-to-Swim – Level 4 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 Classes Offered

Session 2: June 3 - 13

9:50 am

4:40 pm

6:40 pm

Session 3: June 17 - 27

9:10 am

11:10 am

4:00 pm

6:00 pm

6:40 pm

Session 4: July 1 - 12 (No Class on July 4)

11:10 am

6:40 pm

Session 5: July 15 - 25

10:30 am

4:00 pm

6:00 pm