



City of Goodyear 2019 Swim Lessons Learn-to-Swim – Level 5

Purpose

American Red Cross Learn-to-Swim – Level 5 is designed for participants 8 to 14 years of age. The purpose of Learn-to-Swim – Level 5 is to refine their technique of all six swimming strokes while increasing the distance they are able to swim. Participants will also be introduced to front and back flip turns.

Description

This class is designed for participants to have increased technique and endurance in all strokes. This being said, participants should already know all six strokes before being enrolled in this class. In addition, participants will learn proper turns and starts for each stroke and combination 50 yard. At the end of this class, participants will be swim team ready.

Prerequisites

- 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.

Exit Skill Assessment

- Perform a shallow-angle dive into water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke 50 yards using appropriate and efficient turning styles throughout.
- Swim backstroke for 25 yards, change direction of travel as necessary, then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.

Learn-to-Swim – Level 5 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 on May 27)

No classes scheduled

Session 2: June 3 - 13

9:10 am

Session 3: June 17 - 27

4:40 pm

Session 4: July 1 - 12

(No Class on July 4)

11:50 am

6:00 pm

Session 5: July 15 - 25

11:10 am

11:50 am

6:00 pm