



## City of Goodyear 2019 Swim Lessons Preschool Aquatics – Level 1

### Purpose

American Red Cross Preschool Aquatics is designed for participants 2 to 5 years of age. The purpose of the

Preschool Aquatics – Level 1 course is to facilitate developmentally appropriate learning of fundamental water safety and aquatic skills.

### Description

This class is designed to orient your preschoolers to the aquatics environment and to help them gain basic aquatics skills. It will also begin to introduce water safety skills that can be built on in further levels. This class is for children with little or no formal swimming experience who submerge reluctantly or not at all, and require support when away from the wall.

### Prerequisites

Participants must be able to hang on the wall by themselves.

### Exit Skill Assessment

Exit Skills can be performed with support.

- Enter independently, using either the ramp, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 5 seconds, then safely exit the water.
- While in shallow water, glide on front for at least 2 body length, roll to back and float on back for 3 seconds, then recover to vertical position.

### Preschool Aquatics – 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  
9:50 am  
10:30 am  
11:50 am

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

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

#### Session 2: June 3 - 13

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

#### Session 5: July 15 - 25

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

#### Session 3: June 17 - 27

9:50 am 5:20 pm  
4:00 pm 6:00 pm  
6:40 pm