



## City of Goodyear 2019 Swim Lessons Preschool Aquatics – Level 2

### Purpose

American Red Cross Preschool Aquatics is designed for participants 3 to 5 years of age. The purpose of the Preschool Aquatics – Level 2 course is to further develop skills learned in Preschool Aquatics – Level 1. At this level, participants should demonstrate increased independence as well as readiness to learn the swimming strokes.

### Description

This class is designed to orient your preschoolers to the aquatics environment and help them become more independent while completing basic water skills learned in Preschool Aquatics – Level 1. This class is for children with some swim lesson experience and/or are very comfortable in the water.

### Prerequisites

Participants are expected to submerge readily and demonstrate swimming readiness skills (i.e. kicking, bobbing, back float), with *some* support.

Prerequisites 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.

### Exit Skill Assessment

All Preschool Aquatics – Level 2 exit skills can be performed with assistance.

- Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to vertical position.
- Glide on back for at least 2 body lengths, roll to front, then recover to a vertical position.
- Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for at least 3 body lengths.

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

#### Session 4: July 1 - 12 – No Class July 4

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

#### Session 2: June 3 - 13

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

#### Session 5: July 15 - 25

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

#### Session 3: June 17 - 27

9:50 am            4:00 pm  
11:10 am           5:20 pm  
11:50 am