

# Learn to Swim At Palm Beach Gardens Aquatic Complex

The focus of this American Red Cross program is to give children ages 6 months to 12 years the physical skills and safety knowledge necessary to maximize their enjoyment of the water. Classes run Monday thru Thursday for 2 weeks.

FEEES: \$45 Resident/ \$59 non resident



## Spring 2010

Session I      Session II      Session III      Session IV  
Apr 5 –Apr 15\*    Apr 19 – Apr 29\*    May 3 - May 13\*    May 17 - May 27\*

	Session I	Session II	Session III	Session IV
10:00–10:30 AM			Parent and Tot	Parent and Tot
10:45–11:15 AM			Level 1P	Level 2P
4:30–5:00 PM			Level 3P	Level 3P
5:15–5:45 PM	Level 1P Level 2P	Level 2P Level 3P	Level 1P Level 2P	Level 2P Level 3P
5:15–6:00 PM	**Level 4 & 5	**Level 4 & 5	**Level 4 & 5	**Level 4 & 5
6:00–6:30 PM	Level 1 Level 2 Level 3	Level 1 Level 2 Level 3	Level 1 Level 2 Level 3	Level 1 Level 2 Level 3



\*\*Instructor to student ratio for Level 4 & 5 is 1:10

\*Classes may be cancelled, combined and/or changed to accommodate the levels of participants, weather, and/or staffing

# Where Do I Place My Child?

## **Parent & Tot**

Ages: 6 months–3 years

Class is intended to develop a level of comfort in and around the water. Parents will be provided with techniques to orient their child to the water. Parents must participate in the water with the child.

## **Level 1P**

Ages: 4-5 yrs.

Entering & exiting the water, blowing bubbles, supported floating, alternating arm & leg action front & back, front/back glide, water safety rules.

## **Level 2P**

Ages: 4-5 yrs.

Retrieve objects, unsupported floating & kicking, begin combined arm & leg action, bobbing, front/back glide, introduction to deep water, water safety rules.

## **Level 3P**

Ages: 4-5 yrs.

Retrieve objects, front and back glide, tread water, rotary breathing, coordinating arm action front and back, floating, water safety.

## **Level 1**

Ages: 6-12 yrs.

Entering & exiting the water, blowing bubbles, supported floating, alternating arm & leg action front & back, gliding, water safety rules.

## **Level 2**

Ages: 6-12 yrs.

Retrieve objects, unsupported floating & kicking, begin combined arm & leg action, introduction to deep water, head first entry, water safety rules.

## **Level 3**

Ages: 6-12 yrs.

Retrieve objects, tread water, rotary breathing, front crawl, scissor kicking, elementary backstroke, head first entry, survival floating, water safety.

## **Level 4 & 5**

Ages: 6-12 yrs.

Front & back crawl, breaststroke, elementary back stroke, sidestroke, butterfly, tread water, flip turns, standing dives, stride entry, compact entry.

\*Participants should be able to swim 25 yards proficiently to enter into this class.

\*\*Classes may be cancelled, combined and/or changed to accommodate the levels of participants, weather, and/or staffing