

# AMERICAN RED CROSS SWIM LESSONS

Classes Start Tuesday, February 19, 2019

Gardner Indoor Pool, 2191 Kentucky Avenue



## Sign-up now

*NO WAITING LISTS*

**\$70.00** per session (8 total classes)

### Parent and Child Aquatics (Level A) Ages 6mos- 3yrs (PARENT/ADULT REQUIRED IN WATER)

A program for parents and their children where the parents are taught correct water acclimating techniques and general water safety for their children

### Preschool I, II, III Ages 4yrs-5yrs (NO PARENT/ADULT PARTICIPATION)

**PSI:** Skills taught include entering and exiting the water safely, submerging head and blowing bubbles for 3 seconds, gliding on front for 3 body lengths and rolling to back, both with support. No prerequisite!

**PSII:** Skills taught include bobbing, supported floating, introduction to strokes and kicking. Exit skills. Prerequisite - Pre School I

**PSIII:** Skills taught include breath control, unsupported floating, unsupported kicking and combined strokes on the front. Exit skills. Prerequisite - Pre School II

### Level I Introduction to Water Skills

Skills taught include water adjustment, breath control, supported kicking, entering and exiting pool independently and basic water safety. Exit skills. No prerequisite!

### Level II Fundamental Aquatic Skills

Skills taught include unsupported floating, flutter kicking, finning, gliding, combined stroke (front & back), rhythmic breathing and water safety skills. Exit skills.

Prerequisite - Level I

### Level III Stroke Development

Skills taught include the use of lifejackets, front and back crawl with rotary breathing (15 yards), introduction to butterfly kick, and treading 30 seconds in deep water.

Exit skills. Prerequisite - Level II

## Evaluation required

Must obtain in person Evaluation from a swim instructor before signing up

For more info call Gardner Indoor Pool 270.798.6310





# CLASS SCHEDULE



## SESSION I

Level	Date	Time	Day of Week	Instructor
Parent & Child	Feb 19-28	1:00p - 1:30p	Mon - Thur	Noble
Pre-School I	Feb 4-27	4:00p - 4:30p	Mon, Wed	Abraham
Level I	Feb 4-27	4:45p - 5:30p	Mon, Wed	Abraham
Pre-School II	Feb 5-28	4:00p - 4:30p	Tues, Thur	Abraham
Level II	Feb 5-29	4:45p - 5:30p	Tues, Thur	Abraham



## SESSION II

Parent & Child	Mar 18-28	1:00p - 1:30p	Mon - Thur	Noble
Pre-School II	Mar 4-27	4:00p - 4:30p	Mon, Wed	Abraham
Level II	Mar 4-27	4:45p - 5:30p	Mon, Wed	Abraham
Pre-School III	Mar 5-28	4:00p - 4:30p	Tues, Thur	Abraham
Level III	Mar 5-29	4:45p - 5:30p	Tues, Thur	Abraham



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