

AMERICAN RED CROSS SWIM LESSONS



Sign ups begin Tuesday, February 19, 2019

Gardner Indoor Pool, 2191 Kentucky Avenue

For March Classes

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 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

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

Swim 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 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 I	Mar 5-28	4:00p - 4:30p	Tues, Thur	Abraham
Level I	Mar 5-29	4:45p - 5:30p	Tues, Thur	Abraham



Evaluation required

Must obtain a swim evaluation from an instructor before signing up

For more info call Gardner Indoor Pool 270.798.6310

