



**American
Red Cross**



Level A: Parent and Child (6 mon.-3 yrs)

Adult Participation Required

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

Pre School I: Is designed to orient young preschoolers to the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water.

Pre School II: Participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills.

Pre School III: Participants are able to perform basic aquatic skills with greater proficiency, for longer distances and times. In addition, previously acquired water safety knowledge and skills are reinforced and expanded upon.

Level I Introduction to Water Skills: Is designed to orient participants to the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water.

Level II Fundamental Aquatic Skills: Participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills.

Level III Stroke Development: Participants learn to swim the front crawl and elementary backstroke at rudimentary proficiency levels, and are introduced to the scissors and dolphin kicks. In addition, the survival float, treading water, and the rules of headfirst entry.

Adult Learn to Swim Course: Participants learn basic swimming strokes and skills needed to stay safe, and help keep others safe in and around water. In addition, they will gain proficiency in basic aquatics skills and the six swimming strokes. Finally, individuals will learn to refine strokes and turns to build endurance.



**Swim Evaluation or Achievement card
required PRIOR to enrollment**

**We do NOT accept sign ups over the
phone.**

**Please call if you have any questions
270-798-6310**

Sign ups begin at 0800 10 February 2020

Mondays, Wednesdays & Fridays

\$50.00 for 9 Classes

March 02, 2020 – March 20, 2020

1300-1330: Level A -- Parent and Child

1530-1600: Preschool Aquatics Sessions

PS1

PS2

PS3

1600-1615: Break

1615-1700: Learn to Swim Sessions

Level 1

Level 2

Level3

***Ask the instructor about scheduling and details
if you seeking individualized lessons.**

***Classes are subject to cancellation if the **3**
person minimum registrant per class is not met.**

***Refunds will not be given after the second class
has been completed.**

***It is the parent's responsibility to contact
instructor if unable to complete course.**

***Lifeguard Course:
March 23, 2020 to March 27, 2020
from 0800-1630!***
Call for more information!