

## Morning Outdoor Lessons Highland Community Pool

*\* The first session of Parent & Child will meet July 17th for a rain date. The second session will meet July 31st for a rain date.*

### Parent & Child Level 1 (30 min.)

July 8th, 9th, 10th, 15th & 16th . . . . 11:45am  
July 22nd, 23rd, 24th, 29th, & 30th . . 12:15pm

### Parent & Child Level 2 (30 min.)

July 8th, 9th, 10th, 15th, & 16th . . . . 12:15pm  
July 22nd, 23rd, 24th, 29th, & 30th . . 11:45am

*\* Preschool classes & Levels 1- 6 meet Monday - Thursday with a rain date of Friday.*

### Preschool Level 1 - Level 3 (50 min.)

June 23rd - July 3rd . . . . 10:30am & 11:30am  
July 7th - July 17th . . . . 10:30am & 11:30am  
July 21st - July 31st . . . . 10:30am & 11:30am

### Level 1 - Level 5 (50 min.)

June 23rd - July 3rd . . . . 10:30am & 11:30am  
July 7th - July 17th . . . . 10:30am & 11:30am  
July 21st - July 31st . . . . 10:30am & 11:30am

### Level 6 (50 min.)

June 23rd - July 10th . . . . . 11:30am  
July 14th - July 31st . . . . . 11:30am

## Evening Outdoor Lessons Highland Community Pool

*\* Preschool & Level 1-5 meet Mondays and Wednesdays.*

### Preschool Level 1 - Level 3 (50 min.)

June 23rd - July 16th . . . 6:00pm & 7:00pm  
Rain dates: July 21st & July 23rd

### Level 1 - Level 5 (50 min.)

June 23rd - July 16th . . . 6:00pm & 7:00pm  
Rain dates: July 21st & July 23rd

## Evening Indoor Lessons Korte Recreation Center

*\* Parent & Child meets Monday, Wednesday, & Friday the first week and Monday & Wednesday the second week.*

### Parent & Child Level 1 (30 min.)

June 23rd - July 2nd . . . . . 6:00pm  
July 7th - July 16th . . . . . 6:30pm  
July 21st - July 30th . . . . . 6:00pm

### Parent & Child Level 2 (30 min.)

June 23rd - July 2nd . . . . . 6:30pm  
July 7th - July 16th . . . . . 6:00pm  
July 21st - July 30th . . . . . 6:30pm

### Adult Beginners (45 min.)

*\*Class meets Tuesdays & Thursdays.*

July 8th - July 24th . . . . . 7:45pm



### ⇒ INSTRUCTOR'S NOTE

Students may sign up for more than one session. Please register for the same level of each class for each session, as it is difficult to predict each individual's rate of advancement. As your child advances, please notify us and we will work with you to make appropriate changes.

# American Red Cross Swim Lesson Programs

## PARENT & CHILD (6 mos. to 3 years)

The objective of this class is to help young children become comfortable in and around the water so they are ready to learn to swim. Parent/guardian participation is REQUIRED. Under the direction of an instructor, parents learn how to orientate their child to the water, and how to safely supervise water activities. Parents are encouraged to let children progress at their own pace.

**Level 1** - 6 months to 18 months

**Level 2** - 18 months to 3 years of age

## PRESCHOOL AQUATICS (4 & 5 years of age)

The primary objective is to promote the developmentally appropriate learning of fundamental water safety and aquatic skills. Classes have a low student to instructor ratio.

**Level 1** - Basic aquatic skills with support.

**Level 2** - This level marks the beginning of independent aquatic locomotion skills.

**Level 3** - Skills in this level are performed independently. This level is similar to the early skills of the Learn to Swim Level 2.

## LEARN TO SWIM LEVELS (6 years+)

**Level 1** - Students learn elementary aquatic skills, which they build on as they progress through the six levels.

**Level 2** - Students learn to float without support and begin front crawl and back crawl.

**Level 3** - The objective is to build on the skills on Level 2 by providing additional guided practice along with introducing elements of new strokes such as butterfly and elementary backstroke. Other skills taught include treading water and head-first entries into deep water.

**Level 4** - Students increase endurance in the strokes learned thus far and learn breaststroke and sidestroke.

**Level 5** - The objective is coordination and refinement of strokes. Students increase their distances and learn additional skills such as flip turns.

**Level 6** - Students refine strokes so they can swim with more ease, efficiency, power, and smoothness over greater distances. This level focuses on preparing students to participate in more advanced courses, such as Water Safety Instructor or Lifeguard Training.

**Adult Beginners** - These lessons are for adults wanting to gain more confidence in the water or refine their strokes. A personal approach and low student to instructor ratio allows this class to be open for all levels of swimming ability.



Registration begins  
May 1st at KRC

## Swimming Lesson Fees

### Parent & Child

\$15 Resident \$20 Non-resident

### Preschool Aquatics & Level 6

\$35 Resident \$45 Non-resident

### Level 1 - Level 5

\$30 Resident \$40 Non-resident

### Adult Beginners

\$30 Resident \$35 Non-resident

## Private Swim Lessons

30 minute sessions

\$12 members \$14 non-members

**Rainout Procedure:** Classes are not cancelled until 15 minutes prior to the start of class. Classes cancelled due to weather will be held on scheduled rain dates.