

## RED CROSS LEARN-TO- SWIM LESSONS

Is anyone you know feeling a little wet behind the ears? Enroll him or her in an American Red Cross Learn-To-Swim course. There are six levels of instruction designed to help swimmers of all ages and abilities develop and refine their skills. Authorized Red Cross instructors will teach a variety of strokes, including the front crawls, back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly. They will also introduce a wide range of personal safety skills and diving techniques.

American Red Cross Lessons will be offered at the Avoca Aquatic Center this summer with three sessions being offered **MONDAY through Thursday**. **Friday's** will be made-up days in case of rain. Listen to **KNOD, 105.3 Harlan**. The sessions will run as follows:

### Please Circle One: Date and Time

**June 6th through the 17<sup>th</sup>**

10:00-10:45

**June 20<sup>th</sup> through the 30<sup>th</sup>**

Session 1 9:30- 10:15

Session 2 10:30-11:15

Following is a brief description of each level:

\_\_\_\_Level I- Blow bubbles, Supported float, Support Kick, submerge mouth, nose and eyes, Support swimming on front and back for 5 feet.

\_\_\_\_Level II- Unsupported Float/Glide on front and back, perform flutter kick on front and back, submerge to retrieve object, tread water, explore deep water with floatation.

\_\_\_\_Level III- 15 bobs in chest deep water, back crawl & elementary backstroke 10 yards, front crawl, butterfly kick and body motion, tread water, and drive from side.

\_\_\_\_Level IV - Deep water bobbing, treading water 2 minutes, perform front/back crawls, elementary backstroke, scissor kick, sculling, and breaststroke for various distances.

\_\_\_\_Level V- Perform butterfly, various dives, swim under water, performs various strokes for up to 50 yards.

\_\_\_\_Level VI- Has 3 levels: Personal Water Safety, Fundamentals of Diving, and Lifeguard Readiness. Perform open and flip turns, survival swimming, tread water 3 minutes, jump tuck from diving board, and perform various strokes for up to 100 yards. Perform front dive from board, tread water for 5 minutes, retrieve driving brick from 12 feet, continuous swim 500 yards, perform various strokes for up to 200 yards.

Price for lessons will be \$30. Please fill out information below, circle **appropriate time** and mark the level for your child. Also, please note that testing will be done throughout the entire period, allowing the child to get 8 days of quality lessons at the level that is appropriate for their skills. Please return sign up sheet and payment to **Collette Bladt**, 32647 362<sup>nd</sup> Street, Shelby, IA 51570 or drop it off at the pool by June 1<sup>st</sup>, 2011.

### Payable to The Splash:

Child's Name: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_