

# SWIM LESSONS

A special registration will be held on Saturday, May 9, 8 a.m.-1 p.m. at the Civic Arena, 203 S. Washington St. **Registration for lessons** will be taken at the Parks, Recreation and Forestry Department office, 225 SE 3rd Ave, May 11 until the pool opens. The deadline for class cancellations is the Wednesday before the class starts.

**Lessons held Monday through Thursday**, Fridays will be used as makeup days when necessary.

**Fee:** Youth \$18

**Min/Max Registration:** 4/10

## SWIM LESSON SCHEDULE

**Session A:** June 8 – 25 . . . . . Registration deadline: June 3

**Session B:** June 29 – July 16 . . . . . Registration deadline: June 24

**Session C:** July 20 – August 6 . . . . . Registration deadline: July 15

### Lesson Times (Heated Pool)

**9 a.m.** Otters, Seals, Whales, Advanced Beginners

**10 a.m.** Otters, Seals, Whales, Advanced Beginners, Intermediate, Swimmers

**11 a.m.** Otters, Seals, Whales, Advanced Beginners, Intermediate, Swimmers

**6 p.m.** Seals, Whales, Advanced Beginners, Intermediate

**7 p.m.** Flippers & Fins, Bobbers



## DESCRIPTION OF RED CROSS SWIM LESSONS

### Levels of Ability

The six levels of Learn-to-Swim instruction help swimmers of all ages and varying abilities develop their swimming and water safety skills. It is designed to give students a positive learning experience. American Red Cross Learn-to-Swim teaches aquatic and safety skills in a logical progression.

### Infant/Preschool Aquatic Classes

**Flippers and Fins:** (6-36 months) This program is designed to orient young children, along with their parents, to the water and prepare them to learn to swim in the American Red Cross Learn-to-Swim course. This program gives parents safety information and teaches techniques to help them orient their children to the water. It also provides direction regarding how to supervise water activities in a responsible manner. Parents are required to be in the water with their children. They are taught to safely work with their child in the water, including how to support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills.

**Bobbers:** (3-5 years) Adult help is necessary. This program helps children feel comfortable in the water and to enjoy the water safely. Level 1 skills will be introduced, such as blowing bubbles, safely entering and exiting the water, floating and gliding, and swimming with a combination of arm and leg actions, all of which children will build on as they progress through the Learn-to-Swim program.

### Learn to Swim Program (Ages 5 and older)

**Otters:** (Level I – Introduction to Water Skills) There are no prerequisites for Level 1. The objectives of level 1 are to learn basic personal water safety information and skills, to help participants feel comfortable in the water and to enjoy the water safely. Participants will learn elementary aquatic skills, such as floating, gliding, and breath control, which they will build on as they progress through the six learn-to-swim levels. Participants will also learn to safely enter and exit the water independently and begin to learn to recover from floating and gliding into a vertical position.

**Seals:** (Level II - Fundamental Aquatic Skills) The objective of Level 2 is to give participants success with fundamental skills. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Participants continue to explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes. Participants will learn to step into chest deep water, perform front and back floats and return to a vertical position as well as swim on the front using a combined arm and leg action for 5 body lengths.

**Whales:** (Level III – Stroke Development) The objectives of Level 3 are for participants to learn the survival float, the elementary backstroke and to coordinate the front crawl. They are introduced to the scissors kick and the dolphin kick and build on the fundamentals of treading water. Participants also

learn rules for headfirst entries and begin to learn to enter the water headfirst from the side of the pool.

**Advanced Beginner:** (Level IV – Stroke Improvement) The objectives of Level 4 are to develop confidence in the strokes learned thus far and to improve other aquatic skills. Participants improve their skills and increase their endurance by swimming familiar strokes such as the front crawl and elementary backstroke for greater distances. Students also continue to build upon the scissors kick and dolphin kick by adding the arms for sidestroke and butterfly. The back crawl and the breaststroke are introduced in this level, as well as the basics of turning at a wall.

**Intermediates:** (Level V – Stroke Refinement) The objectives of Level 5 are to coordinate and refine strokes. Participants refine their performance of all the strokes including the front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke, and increase their swimming distances. Flip turns on the front and back are also introduced.

**Swimmers:** (Level VI – Swimming and Skill Proficiency) The objectives of Level 6 are to refine the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Teaching focuses on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard Training Courses. Preparation includes personal water safety, fundamentals of diving, lifeguard readiness, and fitness swimming.

## GUARD START

(American Red Cross: Lifeguarding Tomorrow)

This program is designed to guide youth by building a foundation of knowledge, attitudes, and skills for future lifeguards. This foundation consists of five categories: **Prevention, Fitness, Response, Leadership, and Professionalism**

- Prerequisites:
- 11 years old or older or has completed 5th grade
  - Swim Front Crawl 25 yards continuously
  - Tread water for 1 minute
  - Submerge and swim a distance of 10 feet underwater

**Location:** Aberdeen Aquatics Center

**Dates:** Mon. – Thurs, July 20 – August 6

**Times:** 7:30-9 p.m.

**Fee:** \$30 per participant includes a Guard Start Team T-shirt and books.

## LIFEGUARD TRAINING COURSE

(15 years or older)

Become certified to be a Red Cross lifeguard. Students will also be certified in First Aid and CPR for the Professional Rescuer.

**Dates:** May 1 – 3

**Preregister by:** April 24

- Fee:** \$25 (nonrefundable deposit upon registration)  
\$100 (upon successful completion of pretest)  
\$125 TOTAL (books are included)



## LIFEGUARD TRAINING INSTRUCTOR COURSE

(17 years or older)

Become certified to be a Red Cross Lifeguard Training Instructor. For pretest skills and other information, contact Travis at 626-7015.

**Dates:** August 4, 5 and 6

**Preregister by:** Monday, July 27, 5 p.m. at the Parks, Recreation and Forestry.

- Fee:** \$25 nonrefundable deposit upon registration  
\$150 upon successful completion of skills pretest. Total cost is \$175 (books included)

## ADULT WATER EXERCISE CLASS

Adult Water Exercise is a class which will tone the body without the resistance of gravity. The class is designed for both young and old alike. Classes will be held Monday, Wednesday and Friday.

### Session A

June 8 – 26, 5:15-6 p.m.

### Session B

June 29 – July 17, 5:15-6 p.m.

### Session C

July 20 – August 7, 5:15-6 p.m.

**Fee:** \$15

## RECREATION EQUIPMENT RENTALS

Rent a play kit for your weekend fun for only \$15 per day! Standard kit includes: volleyball, badminton, softball and bat, scoops, frisbee and a foxtail softball. Other available equipment to be rented for additional fees are: volleyball net and poles, horseshoes, bocce ball, and croquet.

Equipment may be checked out at the Parks, Recreation and Forestry Office during regular working hours. Please arrange at least 3 days in advance. Limited equipment available.



## SHELTER RENTAL

The Aquatic Center Picnic Shelter is available for rent daily from 1:30-4:30 p.m. or 5:30-8:30 p.m. Monday – Friday and 11:30 a.m.-3 p.m. or 4-7:30 p.m. on Saturday and Sunday at a rental fee of \$34. Rentals can be made at the Parks and Recreation Office during regular office hours until the Aberdeen Aquatic Center opens after which rentals may be scheduled at the aquatic center.



Reserve the aquatic center shelter for a birthday party celebration or your special event.