

American Red Cross Learn-To-Swim: Youth Swim Lessons

OBSERVATION POLICY

In order to create a safe and productive learning environment, we have an observation policy. We invite family to observe the first, middle and last lesson. On all other lesson dates we ask that you escort your child to their teacher and once lessons have started, exit the pool area.

Absences: An occasional absence because of an illness or a party invitation will not affect a child's progress. Missed classes can not be made up.

Parent and Child Aquatics (6 months–about 4 years)

Course Overview: Teaches safe behaviors around the water and develops swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable on and around water.

Parent and Child Aquatics (A)

Student Teacher Ratio: 1:12

Course Prerequisites: No skill prerequisites; Child must be at least 6 months old to enroll; Parent or other caregiver must accompany each child into the water and participate in each class

Learning Objectives:

Provides experiences and activities for children so they—

- Learn to ask for permission before entering the water.
- Learn how to enter and exit the water in safely.
- Feel comfortable in the water.
- Practice blowing bubbles.
- Explore submerging to the mouth, nose and eyes and completely.
- Explore buoyancy on the front and back position.
- Change body position in the water.
- Learn how to safely play in the water.
- Experience wearing a U.S. Coast Guard-approved life jacket.
- Plus age-appropriate water safety topics.

Parent and Child Aquatics (B)

Student Teacher Ratio: 1:12

Course Prerequisites: It is recommended that Child has completed Parent & Child (A) or have permission of instructor to participate. Child must be between 18 months and 4 years old to enroll; Parent or other caregiver must accompany each child into the water and participate in each class

Learning Objectives:

Builds upon the skills learned in Parent & Child (A) and provides experiences and activities for children so they—

- Understand the need for adult supervision around water.
- Learn more ways to enter and exit the water in safely.
- Explore submerging in a rhythmic pattern.
- Glide on the front and back with assistance.
- Perform a rudimentary stroke using combined arm and leg actions on front and back with assistance.
- Change body position in the water.
- Experience wearing a U.S. Coast Guard-approved life jacket in the water.
- Plus age-appropriate water safety topics.

Preschool Aquatics (3–5 years old)

Course Overview: Aims to promote the developmentally appropriate learning of fundamental water safety and aquatics skills by young children. Red Cross Preschool Aquatics teaches aquatic and safety skills in a logical progression through three levels of courses.

Beginner

Student Teacher Ratio: 1:6

Course Objectives: Orients children to the aquatic environment and helps them gain basic aquatic skills.

Participants use our 2 or 3 square “bubble belts” and a noodle for support in the water.

Course Prerequisites: No skill prerequisites; Child must be between 3 year and 5 years old to enroll and be fully potty-trained.

Learning Objectives:

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front and back glides
- Recover from a front glide to a vertical position
- Back float and recover to a vertical position
- Roll from front to back and back to front
- Tread with arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back
- Plus age-appropriate water safety topics

Intermediate

Student Teacher Ratio: 1:6

Course Objectives: Builds on the basic aquatic skills and water safety skills and concepts learned in *Beginner*.

Participants use our 1 or 2 square “bubble belts” and/or a noodle for support in the water.

Course Prerequisites: Child must have successfully completed Beginner Preschool or have instructor permission to participate (They should be comfortable getting their face wet and be able to swim independently with the support of our “bubble belts” and/or noodle); Child must be between 3 year and 5 years old to enroll.

Learning Objectives:

- Enter water by stepping in
- Exit water using ladder, steps or side
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back floats and glides
- Recover from a front and back float or glide to a vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Plus age-appropriate water safety topics

Advanced

Student Teacher Ratio: 1:6

Course Objectives: Builds on skills learned in *Intermediate*. Participants are able to perform basic aquatic skills with greater proficiency for longer distances and times. They do not use “bubble belts” at this level; only a noodle if needed, for support. Upon successful completion of this course, participants will be ready to enter the Learn to Swim Level 3 program.

Course Prerequisites: Child must have successfully completed Intermediate Preschool or have instructor permission to participate (They should be able to swim without the use of our “bubble belts” and only a noodle if needed for support); Child must be between 3 year and 5 years old to enroll.

Learning Objectives:

- Enter water by jumping in
- Fully submerge and hold breath
- Bobbing
- Rotary breathing
- Front, jellyfish and tuck floats

- Recover from a front and back float or glide to a vertical position
- Back float and glide
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Plus age-appropriate water safety topics

Learn-to-Swim (children about 6 -14 years of age)

Designed to provide school-age children and young teens with a positive, developmentally appropriate aquatic learning experience, Red Cross Learn-to-Swim courses consist of a logical, six-level progression.

Level 1— Introduction to Water Skills

Student Teacher Ratio: 1:8

Level Objective: Designed to orient participants to the aquatic environment and to help them gain basic aquatic skills. Participants may use our “bubble belts” and/or a noodle if needed for support in the water.

Level Prerequisites: Must be five (5) years of age by the last scheduled lesson

Learning Objectives:

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back
- Plus age-appropriate water safety topics

Level 2— Fundamental Aquatic Skills

Student Teacher Ratio: 1:8

Level Objective: Builds on basic aquatic skills and water safety skills and concepts learned in Level 1. This level marks the beginning of independent aquatic locomotion skills. They do not use “bubble belts” at this level; only a noodle if needed, for support.

Level Prerequisites: *Learn-to-Swim Level 1* Certificate or demonstrate all completion requirements in Level 1

Learning Objectives:

- Enter and exit water by stepping or jumping from the side
- Fully submerge and hold breath
- Bobbing
- Rotary breathing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action
- Plus age-appropriate water safety topics

Level 3— Stroke Development

Student Teacher Ratio: 1:8

Level Objective: Builds on the skills in Level 2 through additional guided practice in deeper water.

Level Prerequisites: *Learn-to-Swim Level 2 Certificate* or demonstrate all completion requirements in Level 2. (They should be able to swim rudimentary stroke of combined arm and leg actions on both front and back for width of the pool.)

Learning Objectives:

- Enter water by jumping from the side, fully submerging and recovery
- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter and dolphin kicks on front
- Scissors and breaststroke kicks
- Front crawl and elementary backstroke
- Plus age-appropriate water safety topics

Level 4—Stroke Improvement

Student Teacher Ratio: 1:10

Level Objective: Seeks to improve participants' proficiency in performing the strokes that were introduced in Level 3. Participants perform these strokes with increased proficiency and are able to swim them for greater distances.

Level Prerequisites: *Learn-to-Swim Level 3* certificate or demonstrate all completion requirements in Level 3. (They should be comfortable swimming a length of the pool on both front and back as well as know front crawl with rotary breathing.)

Learning Objectives:

- Headfirst entries from the side in compact and stride positions
- Swim under water
- Feetfirst surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back
- Plus age-appropriate water safety topics

Learn-to-Swim Level 5: Stroke Refinement

Student Teacher Ratio: 1:10

Level Objective: Focuses on helping participants refine their performance of all six swimming strokes: front crawl, back crawl, butterfly, breaststroke, elementary back and sidestroke.

Level Prerequisites: *Learn-to-Swim Level 4* certificate or demonstrate all completion requirements in Level 4

Learning Objectives:

- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Tread water legs only
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling
- Plus age-appropriate water safety topics

Level 6: Fitness Swimmer

Student Teacher Ratio: 1:10

Level Objective: To refine strokes and turns so students swim with more ease, efficiency, power and smoothness over greater distances.

Level Prerequisites: *American Red Cross Learn-to-Swim Level 5 Stroke Refinement* certificate or demonstrate all completion requirements in Level 5

Learning Objectives:

- Increase endurance by swimming the following strokes:
 - Front crawl
 - Back crawl
 - Butterfly
 - Elementary backstroke
 - Breaststroke
 - Sidestroke
- Demonstrate the following turns while swimming:
 - Front crawl open turn
 - Backstroke open turn
 - Sidestroke open turn
 - Front flip turn
 - Backstroke flip turn
 - Breaststroke turn
 - Butterfly turn
- Surface dive and retrieve object
- Demonstrate etiquette in fitness swimming with circle swimming
- Demonstrate various training techniques such as interval training and aquatic exercise
- Use pace clock and training equipment
- Calculate target heart rate

ADULT SWIM LESSONS (ages 15+)

We now offer four levels of adult instruction. For each level, individualized instruction is based on skill and comfort level, as well as, group dynamics.

Adult Novice (Introduction to Water Skills)

Student Teacher Ratio 8:1

Course Description:

This course is designed for the fearful/novice participant in order orient oneself to the aquatic environment and to help one gain basic aquatic skills. Our Adult Introduction to Water Skills lessons can help teens or adults overcome their fear of the water and to learn the basic skills to achieve a minimum level of water competency. Through a series of guided lessons, from a certified American Red Cross Water Safety Instructor, participants will work on the foundations of swimming such as floating, gliding and gaining comfort in the water.

Course Dates:

Participants must register prior to the start of each session. See the Swim Lesson Schedule for dates, times, & fees.

Adult Beginners (Learning the Basics)

Student Teacher Ratio 8:1

Course Description:

Our Adult Beginners Swim lessons can help teens or adults with minimal water experience to learn the basic skills to achieve a minimum level of water competency. Through a series of guided lessons, from a certified American Red Cross Water Safety Instructor, participants will work on the foundations of swimming such as swimming on front using combined arm and leg action, swimming on back using a combined arm and leg action, submerging head completely underwater, etc.

Course Dates:

Participants must register prior to the start of each session. See the Swim Lesson Schedule for dates, times, & fees.

Adult Intermediates (Learning and Refining Swim Strokes)

Student Teacher Ratio 10:1

Course Description:

Our Adult Intermediate lessons is for teens and adults who want to improve their foundational skills and swimming strokes to gain an overall level of comfort in the water. It will also introduce some of the more complex details of the strokes that are introduced in the Adult Beginners lessons. These lessons are taught by a certified American Red Cross Water Safety Instructor who guides the participant through different lessons and work outs that have been designed to improve and build on existing skill sets.

Course Prerequisites: Comfortable in chest-deep water and able to get face wet; able to perform rudimentary version of front crawl, back crawl and breaststroke for 15 yards.

Course Dates:

Participants must register prior to the start of each session. See the Swim Lesson Schedule for dates, times, & fees.

Adult Advanced (Fitness Swimmer)

Course Description

Emphasis is placed on stroke technique for Freestyle (Front Crawl), Butterfly, Backstroke and Breaststroke using guided drills and strategies to help with body position, rotation, sculling and proper breathing patterns. Each lesson is designed to continue the refinement of skills learned in the Adult Intermediate lesson and is ideal for moderate lap swimmers, seasoned tri-athletes as well as those desiring an introduction to the masters’ workout group.

Course Prerequisites: Able to swim front crawl and back crawl for 25 yards and breaststroke for 15 yards.

Course Dates:

Participants must register prior to the start of each session. See the Swim Lesson Schedule for dates, times, & fees.

Private Swim Lessons

Regardless of experience or ability, private lessons are a great way to enhance your or your child’s aquatic learning experience. Private lessons are offered for ages 3 and older.

Fees:	Resident	Non-Resident
30 minute lesson	\$30.00	\$35.00
60 minute lesson	\$50.00	\$60.00

Please call (207) 874-8456 to schedule your lesson. *Please note: private lessons require a credit card deposit equal to the amount of the first lesson scheduled. Failure to cancel within 24 hours of your scheduled lesson will result in the Aquatics Division keeping the deposit!*

Water Safety Courses

Both our Lifeguard Training and WSI courses require a minimum of 6 people to run the course. If interested in participating, please call (207) 874-8456. For a list of pre-course skills and registration form, you may visit our web site at:

<http://www.portlandmaine.gov/rec/lifeguardingwsi.pdf>

Junior Lifeguarding

Are you interested in lifeguarding – but not quite old enough yet? This course is designed to give 11 to 14 year olds a sneak peek into what it takes to become a great lifeguard. We cover all the basics and get you ready to enter the American Red Cross Lifeguarding program when you turn 15.

As with our other ARC safety courses, Junior Lifeguarding, requires a minimum of 6 people registered to run the course. If interested in participating, please call (207) 874-8456.

MASTER SWIM PROGRAM

Program Description:

Be a part of the “Greater Portland Swimmers!” The master swim program is for adults seeking a higher level of training and conditioning. Areas of training will include: stroke technique, stroke efficiency, pacing strategies, splitting strategies and stroke rate. Workouts will be modified to accommodate your fitness level. We train for swim meets, open water swimming, and triathlons as well as general fitness.

Program Schedule: Please refer to the pool schedule for days and times.

Instructors: Jeannette Strickland

Fee:

Masters Punch Cards

	Resident	Non-Resident
Daily Drop-In Fee	\$5.75	\$6.25
Masters 10 Punch Card	\$57.50	\$62.50
Masters 20 Punch Card	\$115.00	\$125.00
Masters 40 Punch Card	\$230.00	\$250.00