# Learn to Swim

Learn to swim at the Rocky River Recreation Center! American Red Cross Learn to Swim lessons are available at the Civic Center. ***Classes meet weekly for 8 weeks.***

| The following are fundamental training skills. Please read carefully and choose the Level you think is best for your child. The swim staff reserves the right to move children into a different level based on 1st day performance, age, class size, and other factors. All classes include basic safety skills as well. | |
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| **Levels** | **Skills Description** |
| **Parent & Child** | Familiarize children between the ages of 6 months and approximately 3 years with the water and teach swimming readiness skills. Provide safety information for parents and teach techniques parents can use to orient their children to the water. |
| **Preschool Level 1** | Familiarize children approximately 4 and 5 years old to the aquatic environment and help them acquire rudimentary basic aquatic skills (i.e., blow bubbles, submerge face, floats, glides and more). Help participants begin to develop positive attitudes and safe practices in and around water. |
| **Preschool Level 2** | Build on and improve skills learned in Preschool Aquatics Level 1 such as blow bubbles, submerge face, floats, glides and more. Increase knowledge of water safety topics introduced in Preschool Aquatics Level 1 |
| **Preschool Level 3** | Increase proficiency and build on the basic aquatic skills learned in Preschool Aquatics Levels 1 and 2 (i.e., jumping in, bobbing, rotary breathing, change direction, tread and more). Reinforce water safety concepts and skills introduced in earlier levels and introduce additional water safety topics. |
| ***LEVELS 1-6: children must be 5 years or older by first day of class*** | |
| **Level 1: Introduction to Water Skills** | Orient participants to the aquatic environment and help them gain basic aquatic skills (i.e., blow bubbles, submerge face, floats, glides and more). Help participants begin to develop positive attitudes and safe practices around water. |
| **Level 2: Fundamental Aquatic Skills** | Build on the basic aquatic skills and water safety skills and concepts learned in Level 1 (i.e., jumping in, bobbing, rotary breathing, change direction, tread and more). |
| **Level 3: Stroke Development** | Build on the skills learned in Levels 1 and 2 to help participants achieve basic water competency in a pool environment (i.e. head first entry, bobbing, rotary breathing with front crawl, elementary backstroke and more). |
| **Level 4: Stroke Improvement** | Improve participants' proficiency in performing the swimming strokes that were introduced in Level 3 (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke, sidestroke and open turns). |
| **Level 5: Stroke Refinement** | Help participants refine their performance of all six swimming strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke, sidestroke and flip turns). |
| **Level 6: Swimming and Skill Proficiency** | Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances. |
| **Adult Swim—Learning the Basics** | Help participants gain basic aquatic skills and swimming strokes. Teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency. |
| **Adult Swim—Improving Skills and Swimming Strokes** | Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes. Teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency. |
| **Adult Swim—Swimming for Fitness** | Refine participants' front and back crawl, breaststroke technique, turns and build endurance. Teach skills and concepts needed to stay safe in and around water. |

**Age Requirements/General Information**

- ***Parent & Child for ages 6 mos-3 yrs.*** Parents are encouraged to take advantage of these classes to ready their children for group lessons. The 1:1 parent: child ratio is vital to developing swimming readiness. Children who are not potty-trained MUST wear swim diapers.
- ***Preschool levels 1-3 for Ages 3 & 4:***. Because younger children need to be taught in a different manner, all 3-4 year olds are grouped in Preschool classes; skills from corresponding Levels 1-2-3 are taught as the children advance. Once your child is 5 yrs., he/she should be ready to register at Level 2, depending on how they progressed through the Preschool classes.
- ***Levels 1-6 for ages 5 & older:*** grouped in larger classes and taught differently than Preschool classes; ages 5 & older begin at Level 1 (or Level 2 if they have progressed through Preschool 1-3) and advance accordingly. Classes meet for 40 minutes (except Level 1, 30 minutes).