

American Red Cross Learn to Swim Program

Summer Swimming Lesson Registration

Registration begins on Saturday, May 2 from 7:30 a.m. to 5 p.m. at the Aquatic Complex for swimming lessons at all three pools. As of May 3, registration will be taken at the respective pools.

Eight 45-minute classes for \$45 (unless otherwise noted)
To register, you must have a certificate of completion to enter into the next level or have your child swim tested at the Aquatic Complex before the May 2 registration (call the Aquatic Complex for testing times).

Weekday Sessions at Mullins Park, Cypress Park and the Aquatic Complex:

Mini Session	June 8 to 12	(5 lessons)	\$30
Session I	June 15 to 26	(8 lessons)	\$48
Session II	June 29 to July 10	(8 lessons)	\$48
Session III	July 13 to 24	(8 lessons)	\$48
Session IV	July 27 to August 7	(8 lessons)	\$48
Mini Session	August 10 to 14	(5 lessons)	\$30

Weekend Sessions (all three locations):

Session I	June 6 to 28	(8 lessons)	\$48
Session II	July 11 to August 2	(8 lessons)	\$48
Session III	August 15 to 30	(6 lessons)	\$36

Infant/Preschool Aquatic Programs (IPAP 1 & 2):
Infants between 6 and 36 months of age. An adult accompanies children in water. Children must be wearing protective plastic pants.

Infant/Preschool Aquatic Programs (IPAP 3):
Preschool level is between 3 and 5 years of age. Adults may observe from designated areas. Skills introduced include: supported front and back floats and glides, coordination of arm and leg movements, rolling over, safe water entries and exits, and other safety skills.

Level I: Introduction to water skills and Level II: Fundamentals of Aquatic Skills for Beginners are combined:

Prerequisites for Level I are to be 6 years or older having passed the introductory skills in IPAP program. Prerequisites for Level II is a certificate of completion for all skills in Level I or the ability to demonstrate all requirements for passing Level I. Skills include: Mastering the feel of water and being comfortable, entering and exiting the pool, moving five yards unassisted, front float, rollover to the back and float with assistance. The progression to Level II will review these skills and include front and back float. Expansion of fundamental aquatic locomotion including combined strokes on front and back and rhythmic breathing.

Level III (Stroke Development)

Prerequisite: A certificate from Level II or demonstration of skills successfully.

Builds on the skills in Level II by providing additional guided practice. Introduced skills include headfirst entries; rotary breathing front/back glides with kick, coordinated front and back crawl for 15 yards, begin butterfly kick, body motion, and safety skills.

Level IV (Stroke Improvement)

Prerequisite: A Level III certificate or the ability to demonstrate and complete the requirements from Level III.

Develops confidence in strokes learned with the addition of feet first surface dives, building endurance front and back crawl. Treading water, above water recovery for butterfly, scissors kick, sidestroke, elementary backstroke, breaststroke with kick and safety skills.

Level V (Stroke Refinement)

Prerequisite: A Level IV certificate or the ability to demonstrate and complete the requirements from Level IV.

Further coordination and refinement of all strokes. Skills introduced include: tuck and pike surface dives; long shallow dives; flip turns; endurance building; refinement of all strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke 25-50 yards); and safety skills including rescue breathing and caring for a choking victim.

Level VI (Swimming and Skill Proficiency)

Prerequisite: A Level V certificate or the ability to demonstrate and complete the requirements from Level V.

Refines the strokes so students swim with ease, efficiency, power and smoothness over greater distances. This level has options on preparing students to participate in more advanced courses, such as water safety instructor and lifeguard training. These options include personal water safety, lifeguard readiness, fundamentals of diving, and fitness swimming. See your instructor for additional details on the above programs.

Adult/Teen Beginner Swimming Lessons

Adults over 15: This course is designed to teach adults 15 years and up the fundamentals of swimming. It is for all adult swimmers with little experience in the water. Classes are taught to every individual's ability and number no more than 6 students per class.

Guard Start – Ages 11 to 14

Water test required, three week course.

Session I June 16 to July 2

Session II July 14 to 30

Cost is \$70 • 3 hour classes/23-25 units

This American Red Cross program is designed to guide youth toward the life guarding certificate program. It begins by building a foundation of knowledge, attitudes, and skills and consists of five categories: prevention, fitness, response, leadership, and professionalism. Upon successful completion tryouts are offered for the Junior Lifeguard Corps of Coral Springs.