

AMERICAN RED CROSS SWIM LESSONS

CITY OF WINONA PARK & RECREATION DEPARTMENT

Swim lessons at the Bob Welch Aquatic Center focus on teaching people how to be safe in, on and around water as well as teaching people of all ages and varying abilities how to swim. Using logical progressions, the program covers the knowledge and skills needed for aquatic skill development which leads to safer and better swimmers.

Courses take an inclusive approach that emphasizes skill development in conjunction with water safety and drowning prevention education.

Pre- Aquatics

The purpose of the pre-aquatics courses is to facilitate developmentally appropriate learning of fundamental water safety and aquatics skills. Pre-aquatics are designed specifically for youth ages 3-5. We offer 3 levels of pre-aquatics courses.

Pre- Level 1

In pre- level 1 participants are introduced to basic aquatic skills, which they will continue to build on throughout the pre-levels as well as learn to swim levels 1-6. In addition to basic aquatic skills, pre-level 1 starts to develop positive attitudes and safe practices around water. All skills in pre-level 1 are performed with assistance from instructors.

Exit Skills Assessment: (done with support)

- Enter independently, using either the ladder, steps or side, travel 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then exit water
- While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds then recover to vertical position

We recommend this level for any new swim lesson participant between ages 3&4. Upon successful completion, can enroll in pre-2 or if 6 can enroll in Learn to Swim Level 1

Pre- Level 2

In pre-level 2 participants further develop basic skills, and begin to perform skills at a slightly more advanced level than in pre-level 1. This is done through longer lengths of swims, deeper water or longer distances. Skills in pre-level 1 are assisted but pre-level 2 marks the start of independent aquatic locomotion skills. Participants continue to explore alternating and simultaneous arm & leg actions both on front and back. Continue to build on water safety skills.

Exit Skills Assessment: (can be performed with assistance)

- Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position
- Glide on back for at least 2 body lengths, roll to front, then recover to a vertical position
- Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for at least 3 body lengths.

We recommend this level for any swim participant ages 3-5 who has finished pre-level 1 or has taken a parent child or preschool lesson at other facilities. Upon successful completion, children can enroll in pre-3 or if 6 years old can enroll in Learn to Swim Level 2

AMERICAN RED CROSS SWIM LESSONS

CITY OF WINONA PARK & RECREATION DEPARTMENT

Pre- Level 3

In pre-level 3 participants are increasing proficiency in performing previously learned skills. We accomplish by adding more guided practice and increasing repetitions, distances, times or levels of refinement. All skills in pre-level 3 are performed independently. Children improve their coordination and control of combined simultaneous arm and leg action and alternation arm and leg actions. New water safety topics are introduced and previously acquired water safety knowledge and skills are reinforced.

Exit Skills Assessment: (all skills in pre-level 3 are done independently- defined as no contact or intervention from instructors or use of floatation devices)

- Step from the side into chest deep water, push off the bottom, move into a treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
- Move into a back float for 15 seconds, roll to front, then recover to a vertical position
- Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for 5 body lengths.

We recommend this level for any swim participant who has finished pre-level 2 or who is comfortable swimming on their own between the ages of 3-5. Upon successful completion of pre-level 3, can enroll in Learn to Swim Level 3

Learning to Swim

Key piece of the Circle of Drowning Prevention

10 people die each day from unintentional drowning, and on average **2** of them are under age 14.

For every child who dies from drowning, another **5** receive emergency care for nonfatal submersion injuries.

Formal swimming lessons reduce the risk of drowning among children ages 1-4.



American Red Cross



AMERICAN RED CROSS SWIM LESSONS

CITY OF WINONA PARK & RECREATION DEPARTMENT

Learn to Swim Levels 1-6

The objective of the American Red Cross Learn to Swim courses are to teach children and young teens to be safe in, on and around aquatic environments and to swim well. Aquatic and personal water safety skills are taught in a logical progression through all 6 levels. Participants in level 1 are oriented to the aquatic environment and gain some basic skills in each category. As they progress through the levels, participants build on their basic skills to learn and refine various propulsive movements on the front, back and side. On successful completion of level 3, participants have achieved basic water competency in a pool environment. By the end of level 6, participants have the prerequisite skills and have developed necessary skill and fitness levels for entrance in to advanced courses, such as Water Safety Instructor (must be 16), Lifeguarding (must be 15) or JR. Lifeguarding (must be at least 13) or other aquatic activities such as competitive swimming and diving.

Learn to swim levels are designed for youth ages 6+

Level 1- Introduction to Water Skills

In level 1 participants are introduced to basic aquatic skills, which youth will continue to build on throughout the learn to swim levels 1-6. In addition to basic aquatic skills, level 1 starts to develop positive attitudes, effective swimming habits and safe practices in and around water.

Skills in this level do overlap with both pre-level 1&2.

Exit Skills Assessment:

- Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 5 times; then safely exit the water. (Participants can walk, move along the gutter or "swim")
- While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds then recover to vertical position. (This part of the assessment can be performed with assistance)

We recommend this level for any new swim lesson participant at least 6 years of age. Upon successful completion, can enroll in level 2

Level 2-Fundamental Aquatic Skills

The objective of level 2 is to give participants success with fundamental skills. This level marks the true beginning of true locomotion skills. Participants learn to glide and float without support and recover to a vertical position. Participants further develop simultaneous and alternating arm/leg action on front and back, laying the foundation for future strokes. New water safety topics are introduced and previously acquired water safety knowledge and skills are reinforced.

Many of the skills do overlap with pre-level 3

Exit Skills Assessment:

- Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on the front and/or back for 5 body lengths, then exit the water
- Move into a back float for 15 seconds, roll to front, then recover to a vertical position
- Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds,

Upon successful completion, can enroll in level 3



**American
Red Cross**



AMERICAN RED CROSS SWIM LESSONS

CITY OF WINONA PARK & RECREATION DEPARTMENT

Level 3-Stroke Development

The objective in level 3 is to expand proficiency of previously learned skills by providing additional guided practice. Participants learn and practice survival floating and learn to swim the front crawl and elementary backstroke. The scissors and dolphin kicks are introduced in this level. Time is extended for treading water and participants learn head first entries (diving) front a seated position.

Participants who successfully complete level 3, have achieved basic water competency in a pool environment.

Exit Skills Assessment:

- Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary back stroke for 25 yards, then exit the water
- Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.

Upon successful completion, can enroll in level 4

Level 4- Stroke Improvement

In level 4 participants improve their aquatic skills and increase their endurance by swimming the strokes learned in level 3 for greater distances and with more advanced proficiency. Participants add arm actions to previously learned scissors kick and breaststroke kick to be able to perform sidestroke and learn the breaststroke. Participants also begin to learn the butterfly and back crawl, as well as the basics of performing an open turn at the wall.

Exit Skills Assessment:

- Perform feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards
- Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards
- Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilation, return to the surface, then exit the water

Upon successful completion, can enroll in level 5

Level 5 -Stroke Refinement

In level 5 participants refine their performance of all 6 strokes and increase the distances they swim. Participants also perform flip turns on front and back

Exit Skills Assessment:

- Perform a shallow-angle dive into water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards using appropriate and efficient turning styles throughout
- Swim breaststroke for 25 yards, change direction of travel as necessary, then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.

Upon successful completion, can enroll in level 6



**American
Red Cross**



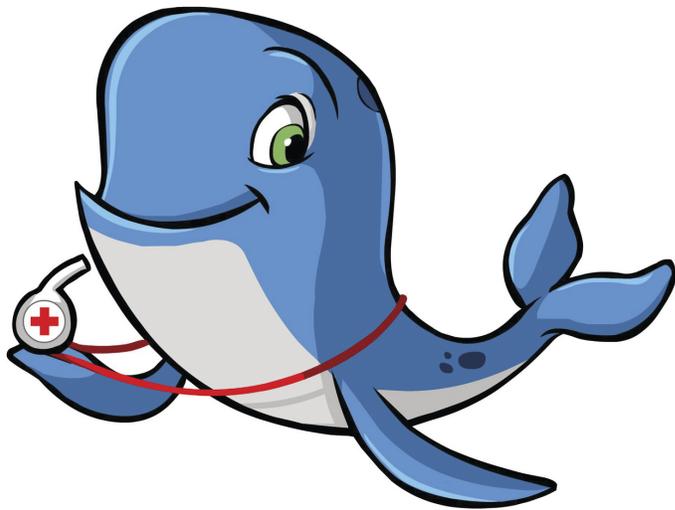
AMERICAN RED CROSS SWIM LESSONS

CITY OF WINONA PARK & RECREATION DEPARTMENT

Level 6 -Swimming and Skill Proficiency

The objective of this level is to refine strokes so participants swim them with greater efficiency and effectiveness over longer distances. Level 6 offers three options to meet specific needs and interests- Personal Water Safety, Fundamentals of Diving and Fitness Swimmers. These options focus on preparing participants for more advanced courses such as the Water Safety Instructor course, or other aquatic activities such as competitive swimming and/or diving. Because of the variety offered in level 6, participants can repeat for a different focus.

Upon successful completion, can take JR. Lifeguard (must be at least 13), Lifeguarding (must be at least 15), Water Safety Instructor (must be at least 16) or can participate in competitive swimming and/or diving.



COMING SOON: WHALE TALES

FREE FAMILY STYLE WATER SAFETY LESSONS

Meet Longfellow! His WHALE Tales are short, engaging and age-appropriate lessons that teach important water safety topics. WHALE Tales is a program designed to help make children "water smart." WHALE is an acronym for Water Habits Are Learned Early.

Longfellow, the animated whale, guides children through eight "episodes" about water safety in different situations and environments, such as pools, waterparks, oceans, lakes and rivers. Longfellow teaches them about water hazards around the home and neighborhood and covers sun safety, boating safety and much more. Each topic is presented as a rhyme to help children remember the important water safety messages.

At the Bob Welch Aquatic Center, we offer multiple lessons for different age and ability groups, from our Parent and Child lesson to our Level 6– personal water safety classes. We also offer private swim lessons for all of our group lesson levels.

Questions about lessons can be directed to Ali Mayer, 507-457-8258