

# American Red Cross Learn to Swim

## New Participants

- If your child has not participated in swim lessons through our department they **MUST** be tested before enrolling in class!
- Infant/Preschool swimmers do not need to be tested.
- Children may be tested at the Menomonee Falls North Pool during any open swim times.



## American Red Cross Aquatic Program *New* Level Descriptions



### Parent/Child Aquatics – Ages 1 to 4 years with parent or caregiver

Parent/Child Aquatics (P/C) familiarizes young children to the water and prepares them to learn to swim. It is not designed to teach children to become good swimmers or to survive in the water on their own, but gives parents safety information and teaches techniques to help orient their children to the water.

#### P/C Level 1 – Ages 1 & 2

**Prerequisite:** None

- Learn to ask for permission before entering the water.
- Learn how to enter and exit the water in a safe manner.
- Explore submerging to the mouth, nose, eyes and completely.
- Explore buoyancy on the front and back position.
- Change body position in the water.
- Learn how to play safely.

#### P/C Level 2 – Ages 3 & 4

**Prerequisite:** None

- Establish expectations for adult supervision.
- Learn more ways to enter and exit in a safe manner.
- Explore submerging in a rhythmic pattern.
- Glide on the front and back with assistance.
- Perform combined stroke on front and back with assistance.
- Change body position in the water.

### Preschool Aquatics – Ages 4 and 5 years

Preschool Aquatics (PS) is designed to give young children a positive, developmentally appropriate aquatic learning experience. Classes are designed to orient young children to the aquatic environment and help them gain basic aquatic skills in each category at the most basic levels. It also helps children develop comfort in, on and around water.

#### PS Level 1

**Prerequisite:** None

- Orients children to the aquatic environment and helps them gain basic aquatic skills.
- Once child passes PS Level 1, child may move on to **PS Level 2** if under 6 years of age.
- If child has turned 6 years of age, please register for **Learn-to-Swim Level 1**.

#### PS Level 2

**Prerequisite:** PS Level 1

- Helps children gain greater independence in the skills and develop more comfort in and around water.
- Once child passes PS Level 2, child may move on to **PS Level 3** if under 6 years of age.
- If child has turned 6 years of age, please register for **Learn-to-Swim Level 2**.

#### PS Level 3

**Prerequisite:** PS Level 2 or 4 yr. old Level 1 (previously offered)

- Helps children start to gain basic swimming propulsive skills to be comfortable in the water.
- Once child passes PS Level 3 and has turned 6 years of age, child may move on to **Learn-to-Swim Level 3**.

### Learn-to-Swim – Ages 6 years and up

Throughout this 6 level program, participants build on their basic skills to learn various propulsive movements on the front, back and side. As the levels increase, participants learn to refine the different strokes and build endurance

#### Level 1 – Introduction to Water Skills

**Prerequisite:** None

#### Level 3 – Stroke Development

**Prerequisite:** Age 6 and completion of PS Level 3 or completion of Learn-to-Swim Level 2.

#### Level 5 – Stroke Refinement

**Prerequisite:** Learn-to-Swim Level 4

#### Level 2 – Fundamental Aquatic Skills

**Prerequisite:** Age 6 and completion of Preschool Level 2 or completion of Learn-to-Swim Level 1.

#### Level 4 – Stroke Improvement

**Prerequisite:** Learn-to-Swim Level 3

#### Level 6 – Swim & Skill Proficiency

**Prerequisite:** Learn-to-Swim Level 5