

**Wilson's Beach and Tennis Club  
American Red Cross Learn to Swim Program  
Registration Form**

**Child Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Level:** \_\_\_\_\_

**Parents Name:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_

**Home Address:** \_\_\_\_\_

**Parents Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Note:** \_\_\_\_\_ (Initial) **There is a need for all classes/levels to have a minimum number of five participants. Wilson's reserves the right to cancel a class due to low enrollment. Sessions consist of 8 classes over a two week period. Classes are held Monday through Friday of the first week and Monday through Wednesday of the second week. If a class is canceled due to inclement weather or for other reasons decided by management, a make-up day will be held on the second Thursday or Friday of the second week. A built in make-up day has already been added to the second session to accommodate for the 4<sup>th</sup> of July. Each session is \$46.00**

**Session Dates and Times**

(From the information below, please circle the session and session time)

<b>Session I</b>	<b>Session II</b>	<b>Session III</b>	<b>Session IV</b>
June 16 - June 25	June 30 - July 10	July 14 - July 23	July 28 - August 6
<b>Times: (AM ONLY)</b>	<b>Times: (AM and PM)</b>	<b>Times: (AM and PM)</b>	<b>Times: (PM ONLY)</b>
10:30-11:10	10:30-11:10	10:30-11:10	6:00-6:40
11:10-11:50	11:10-11:50	11:10-11:50	
	6:00-6:40	6:00-6:40	

**Infant/Toddler/Preschool**

- Water Adjustment
- Exploring the pool
- Front kick
- Prone glide
- Underwater exploration
- Back float
- Back glide\*
- Arm movement, on back\*
- Arm movement, prone position
- Rolling over
- Using life jackets
- Changing positions\*
- Kick up to surface\*
- Water exit

**Level I: Water Exploration**

- Water Adjustment**
- Fully submerge face
- Buoyance and Breath Control**
- Experience buoyancy – 10 bounces/bobs
- Supported float on front
- Supported float on back
- Bubble Blowing
- Water Entry and Exit**
- Enter and exit water independently using ladder, ramp, steps or side of pool
- Locomotion**
- Move through water comfortably – 5 yards
- Supported kicking on front
- Supported kicking on back
- Introduction to alternating arm action 5 yards/10seconds
- Personal Safety and Rescue**
- Learn basic water safety rules
- Familiarity with getting help
- Reaching assists without equipment
- Release cramp
- Wear life jacket on deck and enter shallow water

**Level II: Primary Skills**

- Water Adjustment**
- 3 seconds hold breath and fully submerge head 3 seconds
- Retrieve objects
- Orientation to deep water
- Buoyancy**
- Prone float or glide, unsupported and recovery – 5 seconds
- Supine float or glide, unsupported and recovery – 5 seconds
- Leveling off from a vertical pos.
- Rhythmic breathing, with or without support – bob 10 times
- Water Entry and Exit**
- Step from the side into chest-deep water and recover to a vertical position
- Get out at side of pool
- Locomotion**
- Flutter kick on front
- Flutter kick on the back
- Finning on back
- Back crawl arm action
- Combined stroke front, using kick and alternating arm action 5 yards
- Combined stroke back, using kick and choice of arm movement– 5 yards
- Turns**
- Turning over, front to back

- \_ Turning over, back to front
- Personal Safety and Rescue**
- \_ Float in life jacket with face out of water – 1 minute
- \_ Perform reaching and extension assist from deck
- \_ Assist nonswimmer to feet
- \_ familiar with rescue breathing

### Level III: Stroke Readiness \_\_\_\_\_

#### Water Adjustment

- \_ Retrieve object, eyes open, no support

#### Buoyancy and Breath Control

- \_ Bob, submerging head completely -
- \_ Bob in water slightly over head to travel to safe area

#### Water Entry and Exit

- \_ Jump into deep water from side of pool
- \_ Dive from side of pool kneeling and compact positions

#### Locomotion

- Prone glide with push-off – 2 body lgths
- \_ Supine glide with push-off – 2 body lgths
- \_ Coordinate arm stroke for front crawl with breathing to the side – 10 yards
- \_ Coordinate back crawl – 10 yards
- \_ Elementary Backstroke kick – 10 yards

#### Turns

- \_ Reverse direction while swimming on front
- \_ Reverse direction while swimming on back

#### Personal Safety and Rescue

- \_ Learn safe diving rules
- \_ Tread water
- \_ Jump into deep water with life jacket on
- \_ H.E.L.P position – 1 minute
- \_ Huddle position – 1 minute – groups of 3
- \_ Learn how to open airway for rescue breathing

### Level IV. Stroke Development \_\_\_\_\_

#### Buoyancy and Breath Control

- \_ Deep water bobbing
- \_ Experiment with buoyancy and floating position

#### Rotary breathing

#### Water Entry and Exit

- \_ Dive from side of pool from stride and standing positions

#### Locomotion

- \_ Elementary backstroke – 10 yards
- \_ Sculling on the back – 5 yards or 15 seconds
- \_ Front crawl – 25 yards, rotary breathing
- \_ Back Crawl – 25 yards
- \_ Breaststroke kick – 10 yards
- \_ Sidestroke kick – 10 yards

#### Turns

- \_ Introduction to turning at the wall

#### Personal Safety and Rescue

- \_ Tread water with modified scissors, modified breaststroke, and rotary kicks - 2 – minutes
- \_ Learn rescue breathing
- \_ Become familiar with CPR

### Level V: Stroke \_\_\_\_\_

#### Refinement

#### Buoyancy and Breath Control

- \_ Alternate breathing

#### Water entry and exit

- \_ Beginner diving progression from diving board
- \_ Long shallow dive

#### Locomotion

- \_ Breaststroke – 10 yards
- \_ Sidestroke – 10 yards
- \_ Swimming under water – 3
- \_ Elementary backstroke – 25
- \_ Butterfly–Dolphin kick – 10
- \_ Front Crawl – 50 yards
- \_ Back Crawl – 50 yards

#### Turns

- \_ Open turn on the front
- \_ Open turn on back

#### Personal Safety and Rescue

- \_ Rules for safe diving from
- \_ Recognition of spinal injury
- \_ Hip/shoulder support
- \_ Feet-first surface dive
- \_ Tread water – 2 minutes / 2 different kicks

### Level VI: Skill Proficiency \_\_\_\_\_

#### Water Entry and Exit

- \_ Approach and hurdle on diving board
- \_ Jump and tuck from diving board

#### Locomotion

- \_ Front crawl – 100 yards, 1 turn minimum
- \_ Back crawl – 100 yards, 1 turn minimum
- \_ Breaststroke – 25 yards continuously
- \_ Sidestroke – 25 yards
- \_ Butterfly – 10 yards

#### Turns

- \_ Breaststroke turn
- \_ Sidestroke turn
- \_ Speed turn and pull-out for breaststroke
- \_ Flip turn for front crawl

#### Personal Safety and Rescue

- \_ Pike surface dive
- \_ Tuck surface dive
- \_ Alternative kicks for treading water – 3 minutes, 1 minute with no hands
- \_ Throwing assists
- \_ Roll spinal injury victim face up

### Level VII: Swimming for Fitness \_\_\_\_\_

#### Water Entry and Exit

- \_ Springboard dive in tuck and pike positions

#### Locomotion

- \_ Review all strokes, turns, and skills taught in previous levels – swim any combination of strokes, 500 yards
- \_ Front Crawl – 200 yards
- \_ Swimming under water – 15 yards
- \_ Back Crawl – 100 yards
- Breaststroke – 50 yards
- \_ Side stroke – 50 yards
- \_ Butterfly – 25 yards

#### Turns

- \_ Backstroke flip turn

#### Personal Safety and Rescue

- \_ In-water rescue using equipment
- \_ Retrieve diving brick, deep water
- \_ Review water safety skills
- \_ Tread water – 5 minutes