

American Red Cross Swimming Lessons

Parent Child 1

- Instructor works with parents and swimmers through songs and activities to get swimmers acclimated in the water
- Parents are in the water

Parent Child 2

- Instructor works with parents and swimmers to prepare them for group lessons.
- Bubbles will be used in this class.
- Parents may be asked to be in the water or on the pool deck.

Level 1

- Instructor works with swimmers to get them comfortable in the water and to gain basic aquatic skills.
- Bubbles will be used in this class.

Level 2

- Swimmers improve basic front and back crawl, along with submerging their faces in the water.
- Bubbles will be used in this class.

Level 3

- Swimmers learn freestyle with rotary breathing and elementary backstroke, along with the kicks for upper-level strokes.
- Bubbles (floatation devices) may be used in this class.

Level 4

- Swimmers improve proficiency in the six swim strokes and learn open turns.

Level 5

- Swimmers refine all six swim strokes, along with adding flip turns.

Level 6

- Swimmers refine strokes so they can swim with greater efficiency and more effectiveness over long distances.

Parents will be in the water or on the pool deck for the two parent child classes. For Levels 1 through 6 parents are to observe from outside the pool deck. There are two locations for parents to sit and watch their children swim.