

Aquatics

American Red Cross Learn-to-Swim Program

\$48 LiveHealthy Member | Ages 6 - 12

- **Tuesdays and Thursdays**, July 12 - August 4

The Learn-to-Swim (LTS) program is designed for children ages 6 to 12 years old. Each child progresses through each level at his/her own pace, mastering the skills in one level before advancing to the next. More than one set of lessons might be needed to master the skills required to move up to the next level. Each level of our LTS program includes training in basic water safety, helping others in an emergency and stroke development.

Level 1: Introduction to Water Skills

- **Mornings**, Tuesdays/Thursdays, July 12 - August 4, 10:45 - 11:25 am
- **Evenings**, Tuesdays/Thursdays, July 12 - August 4, 5:45 - 6:25 pm

Skills: Enter and exit the water; blow bubbles through nose and mouth; bobbing; retrieve submerged objects; front and back floats, glides; alternating and simultaneous arm and leg actions on front and back; and combined arm and leg action on front and back.

Level 2: Fundamental Aquatics Skills

- **Mornings**, Tuesdays/Thursdays, July 12 - August 4, 10:45 - 11:25 am
- **Evenings**, Tuesdays/Thursdays, July 12 - August 4, 5:45 - 6:25 pm

Skills: Fully submerge and hold breath; bobbing; retrieve submerged objects; front, jellyfish and tuck floats; front and back floats and glides; roll from back to front and front to back; tread water; combined arm and leg action on front and back; and finning arm action on back. Skills should be performed comfortably with minimal assistance.

Level 3: Stroke Development

- **Mornings**, Tuesdays/Thursdays, July 12 - August 4, 10 - 10:40 am
- **Evenings**, Tuesdays/Thursdays, July 12 - August 4, 5 - 5:40 pm

Skills: Jumping into deep water; sitting and kneeling dives; rotary breathing; survival float; change from vertical to horizontal position on front and back; tread water; flutter, dolphin, scissor and breaststroke kicks; front crawl; and elementary backstroke.

Level 4/5/6: Stroke Improvement and Refinement

- **Mornings**, Tuesdays/Thursdays, July 12 - August 4, 9:15 - 9:55 am
- **Evenings**, Tuesdays/Thursdays, July 12 - August 4, 5:45 - 6:25 pm

Improves proficiency of strokes and the ability to swim longer distances. Skills: Standing dives; underwater swimming; feet first surface dive; survival swimming; front crawl and backstroke; side stroke; breaststroke and butterfly.



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Registration form for: Learn-to-Swim Lessons

Deadline to register is July 7. Please fill out and return the form with payment to the front desk.

Name: _____ Age: _____

Parent Name: _____

Email: _____ Phone #: _____

Check chosen class:

- | | | | |
|------------------------|--|------------------|--|
| LTS Level 1 | <input type="radio"/> Mornings, Tuesdays/Thursdays, July 12 - August 4 | 10:45 - 11:25 am | <input type="radio"/> \$48/Member POS 2100 |
| | <input type="radio"/> Evenings, Tuesdays/Thursdays, July 12 - August 4 | 5:45 - 6:25 pm | <input type="radio"/> \$48/Member POS 2100 |
| LTS Level 2 | <input type="radio"/> Mornings, Tuesdays/Thursdays, July 12 - August 4 | 10 - 10:40 am | <input type="radio"/> \$48/Member POS 2200 |
| | <input type="radio"/> Evenings, Tuesdays/Thursdays, July 12 - August 4 | 5:45 - 6:25 pm | <input type="radio"/> \$48/Member POS 2200 |
| LTS Level 3 | <input type="radio"/> Mornings, Tuesdays/Thursdays, July 12 - August 4 | 10 - 10:40 am | <input type="radio"/> \$48/Member POS 2300 |
| | <input type="radio"/> Evenings, Tuesdays/Thursdays, July 12 - August 4 | 5 - 5:40 pm | <input type="radio"/> \$48/Member POS 2300 |
| LTS Level 4/5/6 | <input type="radio"/> Mornings, Tuesdays/Thursdays, July 12 - August 4 | 9:15 - 9:55 am | <input type="radio"/> \$48/Member POS 2400 |
| | <input type="radio"/> Evenings, Tuesdays/Thursdays, July 12 - August 4 | 5:45 - 6:25 pm | <input type="radio"/> \$48/Member POS 2400 |

Staff Only: Method of Payment (check): Cash CC Check# _____

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