

LEARN TO SWIM!



American Red Cross

The Kroc Center is proud to offer the **American Red Cross** Learn-to-Swim program. This progressive lesson program helps children learn the fundamentals of swimming and water safety through the teaching and assessment of critical water skills. Depending on a child's abilities, they may remain at the same Learn-to-Swim level for more than one session.

Please visit the Online Member Portal or Kroc Center App to register. **No classes July 4.**

Members \$48 | Non-Members \$69

| Class | Summer Session 1 | Time | Ages |
|--------------------------------|----------------------------|---------------|--------------|
| Parent & Child: Level 1 | Mondays, Jun. 6–Jul. 18 | 4:30–5 PM | 6–36 months |
| | Saturdays, Jun. 11–Jul. 16 | 8–8:30 AM | 6–36 months |
| Parent & Child: Level 2 | Tuesdays, Jun. 7–Jul. 12 | 4:30–5 PM | 18–36 months |
| | Thursdays, Jun. 9–Jul.14 | 5:30–6 PM | 18–36 months |
| Preschool & Parent | Saturdays, Jun. 11–Jul. 16 | 9–9:30 AM | 3–5 years |
| Preschool Level 1 | Mondays, Jun. 6–Jul. 18 | 5:30–6 PM | 3–5 years |
| | Tuesdays, Jun. 7–Jul. 12 | 10–10:30 AM | 3–5 years |
| | Tuesdays, Jun. 7–Jul. 12 | 5:30–6 PM | 3–5 years |
| | Thursdays, Jun. 9–Jul.14 | 6:30–7 PM | 3–5 years |
| | Saturdays, Jun. 11–Jul. 16 | 11–11:30 AM | 3–5 years |
| Preschool Level 2 | Mondays, Jun. 6–Jul. 18 | 6:30–7 PM | 3–5 years |
| | Tuesdays, Jun. 7–Jul. 12 | 6:30–7 PM | 3–5 years |
| | Thursdays, Jun. 9–Jul.14 | 9–9:30 AM | 3–5 years |
| | Thursdays, Jun. 9–Jul.14 | 4:30–5 PM | 3–5 years |
| | Saturdays, Jun. 11–Jul. 16 | 9–9:30 AM | 3–5 years |
| Preschool Level 3 & 4 Combo | Mondays, Jun. 6–Jul. 18 | 4:30–5 PM | 3–5 years |
| | Thursdays, Jun. 9–Jul.14 | 5:30–6 PM | 3–5 years |
| | Saturdays, Jun. 11–Jul. 16 | 10–10:30 AM | 3–5 years |
| Level 1: Intro to Water Skills | Mondays, Jun. 6–Jul. 18 | 5:30–6:15 PM | 5–12 years |
| | Tuesdays, Jun. 7–Jul. 12 | 9–9:45 AM | 5–12 years |
| | Tuesdays, Jun. 7–Jul. 12 | 4:30–5:15 PM | 5–12 years |
| | Thursdays, Jun. 9–Jul.14 | 6:30–7:15 PM | 5–12 years |
| | Saturdays, Jun. 11–Jul. 16 | 10–10:45 AM | 5–12 years |
| Level 2: Fundamental Skills | Mondays, Jun. 6–Jul. 18 | 4:30–5:15 PM | 5–12 years |
| | Tuesdays, Jun. 7–Jul. 12 | 6:30–7:15 PM | 5–12 years |
| | Thursdays, Jun. 9–Jul.14 | 9:45–10:30 AM | 5–12 years |
| | Thursdays, Jun. 9–Jul.14 | 4:30–5:15 PM | 5–12 years |
| | Saturdays, Jun. 11–Jul. 16 | 8–8:45 AM | 5–12 years |
| Level 3: Stroke Development | Mondays, Jun. 6–Jul. 18 | 5:30–6:15 PM | 5–12 years |
| | Tuesdays, Jun. 7–Jul. 12 | 4:30–5:15 PM | 5–12 years |
| | Thursdays, Jun. 9–Jul.14 | 5:30–6:15 PM | 5–12 years |
| | Saturdays, Jun. 11–Jul. 16 | 10–10:45 AM | 5–12 years |
| Level 4: Stroke Improvement | Mondays, Jun. 6–Jul. 18 | 6:30–7:15 PM | 5–12 years |
| | Tuesdays, Jun. 7–Jul. 12 | 5:30–6:15 PM | 5–12 years |
| | Thursdays, Jun. 9–Jul.14 | 4:30–5:15 PM | 5–12 years |
| | Saturdays, Jun. 11–Jul. 16 | 9–9:45 AM | 5–12 years |
| Level 5 & 6 Combo | Thursdays, Jun. 9–Jul.14 | 6:30–7:15 PM | 5–17 years |
| | Saturdays, Jun. 11–Jul. 16 | 11–11:45 AM | 5–17 years |

Class descriptions and prerequisites listed on reverse.

PARENT & CHILD/PRESCHOOL LESSONS

PARENT & CHILD: LEVEL 1 (AGES 6 MONTHS-3 YEARS)

You and your child are in the water together. Learn to support your child while they become familiar with the water by blowing bubbles, floating, kicking, and being safe in aquatic environments.

PARENT & CHILD: LEVEL 2 (AGES 18 MONTHS-3 YEARS)

You and your child are in the water together, building on skills from Parent & Child 1. Your child will learn floating, gliding, how to use their arms to swim on their front and back, and water safety. Children do NOT need to complete Parent & Child Level 1 first, but must be comfortable in the water.

PRESCHOOL & PARENT (AGES 3-4)

This class helps children transition to being on their own in swim lessons. Parents join their child for the first three lessons, then watch from the pool deck for the last three. Skills include supported arm and leg actions on front and back, floating, gliding, and breath control.

PRESCHOOL LEVEL 1 – NO PARENT (AGES 3-5)

Familiarizes children with water and teaches basic skills. Helps participants begin to develop positive attitudes and safe practices in and around the water. Participants must be comfortable in the water without a parent.

PRESCHOOL LEVEL 2 (AGES 3-5)

Students learn floating, arm and leg movement, gliding, and breath control, eventually performing these skills independently. This class is equivalent to Learn-to-Swim Level 1. Kids must be comfortable in water without a parent.

PRESCHOOL LEVEL 3 & 4 COMBO(AGES 3-5)

Participants build on their basic swimming skills by increasing repetitions, distances, and times. All skills will be performed independently. This class is equivalent to Learn-to-Swim Level 2: Fundamental Skills. Those who pass this level may register for Learn-To-Swim Level 3 once they turn 5 years old.

LEARN TO SWIM LESSONS

LEVEL 1: INTRO TO WATER SKILLS (AGES 5-12)

This introductory class helps participants become more comfortable in the water. Skills covered include entering and exiting the water, breath control, floating with assistance, arm and leg actions, and water safety.

LEVEL 2: FUNDAMENTAL SKILLS (AGES 5-12)

Participants learn to coordinate arm and leg actions on front and back, floating and gliding so they can be performed without support, increasing distance & duration. PREREQUISITE: Swim two body lengths with support.

LEVEL 3: STROKE DEVELOPMENT (AGES 5-12)

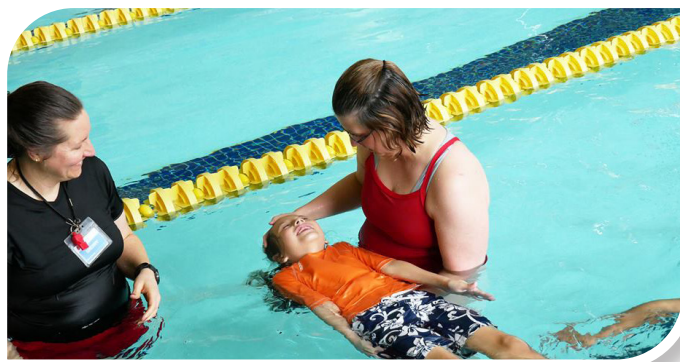
Learn elementary backstroke, breaststroke kick, dolphin kick, scissors kick, rotary breathing, and survival floating. PREREQUISITE: Swim five body lengths on front and back without support.

LEVEL 4: STROKE IMPROVEMENT (AGES 5-17)

Learn breaststroke, butterfly, sidestroke, and open turns. Participants increase distance and stamina for swimming and treading water. PREREQUISITE: Swim 15 yards of elementary backstroke and be familiar with dolphin, breaststroke and scissor kicks.

LEVEL 5 & 6 COMBO: STROKE REFINEMENT (AGES 5-17)

Students refine skills in all six strokes, build endurance, and learn front and back flip turns. PREREQUISITE: Swim 25 yards of front crawl & elementary backstroke, & 15 yards of back crawl, breaststroke, butterfly, & side stroke.



ADULT AQUATICS

| Class | Summer Session 1 | Time | Ages | Members | Non-members |
|---|----------------------------|--------------|------|---------|-------------|
| Adult Learn to Swim | Tuesdays, Jun. 7–Jul. 12 | 5:30–6:15 PM | 13+ | \$48 | \$69 |
| | Saturdays, Jun. 11–Jul. 16 | 11–11:45 AM | 13+ | \$48 | \$69 |
| Adult Swim Lessons: The Basics | Mondays, Jun. 6–Jul. 18 | 6:30–7:15 PM | 13+ | \$48 | \$69 |
| Adult Swim Lessons: Improving Skills and Strokes | Saturdays, Jun. 11–Jul. 16 | 8–8:45 AM | 13+ | \$48 | \$69 |
| Adult Swim Lessons: Intro to Lap Swim | Tuesdays, Jun. 7–Jul. 12 | 6:30–7:15 PM | 13+ | \$48 | \$69 |
| Aqua Stretch & Tone | Tuesdays, Jun. 7–Jul. 12 | 10–10:55 AM | 16+ | \$38 | \$59 |
| | Thursdays, Jun. 9–Jul. 14 | 9–9:55 AM | 16+ | \$38 | \$59 |
| Water Aerobics | Wednesdays, Jun. 8–Jul. 13 | 9–9:55 AM | 16+ | \$38 | \$59 |
| Advanced Water Aerobics | Mondays, Jun. 6–Jul. 18 | 9–9:55 AM | 16+ | \$38 | \$59 |
| River Walking | Fridays, Jun. 10–Jul. 15 | 11–11:55 AM | 16+ | \$38 | \$59 |
| Aqua PiYo | Mondays, Jun. 6–Jul. 18 | 10–10:55 AM | 16+ | \$38 | \$59 |
| | Fridays, Jun. 10–Jul. 15 | 9–9:55 AM | 16+ | \$38 | \$59 |