Learn-to-Swim

American Red Cross

Session 1:
- Evening: Jun 9, 11, 16, 18
- Morning: Jun 10, 12, 17, 19

Session 2:
- Evening: Jul 7, 9, 14, 16
- Morning: Jul 8, 10, 15, 17

Sign-up on the Minden website: www.mindennebraska.org

Parent/Child

Allows new swimmers to adjust to to aquatic environment & begin to learn aquatic safety. Great for young kids to explore the water while bonding with their parent!

- Ages: 6mo. - 3yrs
- Parent/Guardian **MUST** be in water with each child
- Flotation devices (ex. life jackets, flotation belts) will **NOT** be allowed
- Will learn basic water skills (kicking, breath control, body control, & movements in response to verbal & visual cues)

Pre-K

Introduction to water that slowly builds and progresses through the fundamental basic swimming skills

- Ages: 3yrs - 6 yrs
- Goggles and flotation devices (ex. life jackets, flotation belts) will **NOT** be allowed
- Will learn personal water safety, basic swimming competency by learning two benchmark skills: "swim, float, swim" and "jump, push, turn, grab."

Level 1/2

Throughout the levels, 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. Each level includes exit skills assessments that include many of the skills learned throughout the level.

- Ages: 6 yrs +
- Goggles and flotation devices (ex. life jackets, flotation belts) will **NOT** be allowed
- This combination class is for students who are still getting comfortable in the water but also for those who are starting to advance but just need a little additional help swimming farther distances and floating without aid.

Level 3/4

Throughout the levels, 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. Each level includes exit skills assessments that include many of the skills learned throughout the level.

- Ages: 6 yrs +
- Goggles and flotation devices (ex. life jackets, flotation belts) will **NOT** be allowed
- This class will work on stroke development and additional aquatic skills. In order to advance past level 2, a student must demonstrate their ability to float for at least 5-10 seconds without assistance and swim front crawl unassisted for at least 25-30 feet without touching the pool bottom.