



## Group Swimming Lesson Policies

We would like you to be aware of a few guidelines that need to be followed during swim lesson instruction. If you have any questions or concerns regarding the information provided please let the swim instructors know or you can direct your comments or concerns to Kim Wannemacher.

### Basic Guidelines

1. **NO DIAPERS.** Please wear swimmies at all times. Thank you.
2. **Illnesses.** If your child has a fever, sinus infection, or diarrhea please do not attend swim class. Please call in and let us know that your child is ill and will not be in attendance. We do care :)
3. **Safety** will be incorporated into the swim curriculum each lesson. Learning to swim is important, but also learning how to BE safe in and around ALL types of water are valuable as well. Be cool and follow the rules!
4. **Please refer to the pool schedule for family swim lessons.** We encourage you to bring your children in during family swim hours. This reinforces what skills they are learning in class and helps build self-confidence.
5. **Make-up days.** If we must cancel swim lessons due to weather or fecal/vomit incident the session will be extended by one week. If we must cancel twice in one session, aquatic personnel will compensate you with a swim voucher to be used for the next session. If your child is ill, we do not have make-up days. If we cancel swim classes, you will be notified via phone call.
6. **Men's and women's locker rooms.** Members and guests, 13/under are to use the family locker room area and children should be supervised by a parent or guardian at ALL times. The men's and women's locker rooms are for members and guests 14/older.
7. **Weather related emergencies for Allen County.** Lessons under a Level 2 emergency may be cancelled if the instructor is unable to drive to work. Under a Level 1 emergency, lessons WILL BE cancelled. In both situations when lessons are cancelled, you will be notified by phone.

### Longfellow's Rules regarding water safety:

- Be Cool, Follow the Rule
- Don't Just Pack It, Wear Your Jacket
- Swim with a Buddy in a Supervised Area
- Look Before You Leap
- Reach or Throw, Don't Go
- Think Twice Before Going Near Cold Water or Ice
- Know About Floating Before You Go Floating
- Too Much Sun Is No Fun
- In Your House and In Your Yard, Watch for Water, Be on Guard
- Wave, Tide or Ride, Follow the Guide



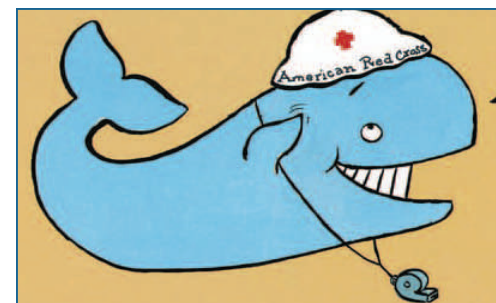
For more information on group swimming lessons, including registration, session schedules, and costs, please contact Spiece Fitness at (260) 483-1415 or Kim Wannemacher, Swim Lesson Coordinator, at (260) 672-0940.



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# American Red Cross Swimming Lessons





## Group Lessons Level Descriptions

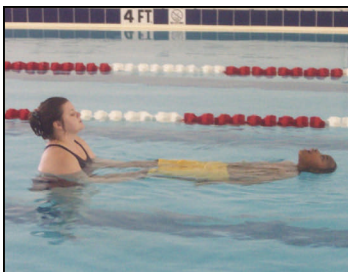
In the American Red Cross Learn to Swim Programs, our ultimate goal is to develop a child's whole self. We accomplish this through:

- Water adjustment skills
- Basic fundamentals
- Stroke development
- Stroke refinement
- Fitness swimmer
- Aquatic safety instruction
- Building self-esteem/ confidence
- Parent education

Experienced swim instructors are dedicated to creating a safe and nurturing environment. This is achieved through sharing, modeling, encouraging, teaching through skill repetition and supporting each child. Lessons run for seven weeks. Please consult our program session flyer in the pool area bulletin board or the main board located near the main desk in the lobby. Lessons are taught once a week and run 30 minutes in length.

### Private Lessons

Private lessons are available for \$20/session for members, \$30/session for non-members.



**Parent/Child:** (ages 6 months to 3 years) This class introduces both the child and parent to an aquatic environment. It focuses on acclimation and comfortability within the water. Students will achieve basic motor skill progression and development through songs, chants, and games.

**Preschool Aquatics Level I:** (ages 3-5 years) This class teaches the most elementary aquatic skills, which children continue to build on as they progress. Children will begin developing good attitudes and safe practices around the water.

**Preschool Aquatics Level II:** (ages 3-5 years) This class continues to build on the basic aquatic skills acquired in Level I and to give children further success with fundamental aquatic skills performed to a slightly more advanced degree. In this level most skills are performed with assistance and mark the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back as well as instruction on basic rescue skills.

**Preschool Aquatics Level III:** (ages 3-5 years) This class builds upon skills learned in Levels 1-2 by providing additional guided practice of basic aquatic skills at slightly more proficient performance levels and greater distances and times. Skills in this level are performed independently. Children are taught to improve coordination of combined simultaneous arm and leg actions and alternating arm and leg actions. Children will continue to gain knowledge and skills on safety. (Must be recommended by instructor ONLY!)

**Level I:** (ages 6 & up) Introduction to Water Skills teaches basic personal water safety information and skills to help participants feel comfortable in the water and to enjoy the water safely. Children will be taught elementary aquatic skills and will begin to develop positive attitudes, good swimming habits, and safe practices in and around the water.

**Level II:** (ages 6 & up) Fundamental Aquatic Skills gives students success with fundamental skills in which they learn to float without support and to recover independently. This level marks the beginning of true locomotion in which student develop simultaneous and alternating arm and leg actions on the front and back. Additional safety skills will be presented and comprehension of previous knowledge will continue to be improved.

**Level III:** (ages 6 & up) Stroke Development teaches participants to survival float, swim freestyle and elementary backstroke. Introduction of the scissor and dolphin kick will be taught to build on the fundamentals of treading water. Students will be taught headfirst entries from a seated position at poolside. Additional safety skills will continue to be taught.

**Level IV:** (ages 6 & up) Stroke Improvement develops students' confidence in the strokes learned thus far and to improve other aquatic skills. Participants improve their skills and increase their endurance by swimming for greater distances. Participants will learn sidestroke, backstroke, breaststroke, butterfly, and turning at the wall.

**Level V:** (ages 6 & up) Stroke Refinement instructs coordination and refinement of all strokes (freestyle, backstroke, breaststroke, butterfly, elementary breaststroke, and sidestroke) and increases the distances. Flip turns will also be introduced.

**Level VI:** (ages 6 & up) Consisting of two parts, the first being Personal Water Safety and the second being Fitness Swimmer both refine strokes so students swim them with more ease, efficiency, power, smoothness, and over greater distances. These two courses prepare students for more advanced aquatic activities such as competitive swimming, the Water Safety Instructor course, and lifeguarding.

**Adult:** (ages 16/up) This class is geared for those adults who want to feel comfortable in and around water, a basic understanding of stroke technique in order to swim, survival skills, and training for triathlons and open-water competitions. The instructor for this class will exhibit compassion and understanding the needs and desires of each participant and base the structure of the class around these needs.