

## RED CROSS LEARN-TO- SWIM LESSONS

Is anyone you know feeling a little wet behind the ears? Enroll him or her in an American Red Cross Learn-To-Swim course. There are six levels of instruction designed to help swimmers of all ages and abilities develop and refine their skills. Authorized Red Cross instructors will teach a variety of strokes, including the front crawls, back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly. They will also introduce a wide range of personal safety skills and diving techniques.

American Red Cross Lessons will be offered at the Avoca Aquatic Center this summer with three sessions being offered **Monday through Thursday**. The sessions will run as follows: **Friday's** will be make-up days in case of rain. Listen to **KNOD, 105.3 Harlan**.

### Please Circle One: Date and Time

#### July 9th through 19th

9:00-9:45 1<sup>st</sup> session      Only Levels 1-3

10:00- 10:45 2<sup>nd</sup> session      Only Levels 1-3

11:00-11:45 3<sup>rd</sup> session      All Levels

Following is a brief description of each level:

\_\_\_\_ Level 1- Blow bubbles, Supported float, Support Kick, submerge mouth, nose and eyes, Support swimming on front and back for 5 feet.

\_\_\_\_ Level II- Unsupported Float/Glide on front and back, perform flutter kick on front and back, submerge to retrieve object, tread water, explore deep water with floatation.

\_\_\_\_ Level III- 15 bobs in chest deep water, back crawl & elementary backstroke 10 yards, front crawl, butterfly kick and body motion, tread water, and drive from side.

\_\_\_\_ Level IV - Deep water bobbing, treading water 2 minutes, perform front/back crawls, elementary backstroke, scissor kick, sculling, and breaststroke for various distances.

\_\_\_\_ Level V- Perform butterfly, various dives, swim under water, performs various strokes for up to 50 yards.

\_\_\_\_ Level VI- Has 3 levels: Personal Water Safety, Fundamentals of Diving, and Lifeguard Readiness. Perform open and flip turns, survival swimming, tread water 3 minutes, jump tuck from diving board, and perform various strokes for up to 100 yards. Perform front dive from board, tread water for 5 minutes, retrieve driving brick from 12 feet, continuous swim 500 yards, perform various strokes for up to 200 yards.

Price for lessons will be \$50. Please fill out information below, circle appropriate time and mark level for your child. Also, please note that testing will be done throughout the entire period, allowing the child to get 8 days of quality lessons at the level that is appropriate for their skills. Please return sign up sheet and payment to **City of Avoca**, PO Box 246, Avoca, IA 51521 or drop it off at the pool by **June 22, 2018**.

#### Payable to The City of Avoca:

Child's Name: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_