

## Swimming Lesson Information and Additional Pool Information



### **Q: How do I know what level my child is?**

**A:** Generally children start at level 1 and work their way up each summer. Below are some basic guidelines/what the child should be able to do to help you decide on what level. All American Red Cross programs follow the same "schedule" so a level 3 in Owatonna/Faribault is the same in Medford/any other town.

**Tiny Tots** Water adjustment skills and water safety information. Children between ages 6 months to 5 years. Parents must accompany child in the water.

### **Level 1 Water Exploration**

Lessons will include water adjustment skills, water safety information, and beginning swimming skills (floating, putting head in water, arm motion and flutter kick motion).

**Prerequisites:** Child must be at least 4 years old and feel comfortable being alone (without parent) in the water.

**Level 2 Primary Skills** Floating and kicking on back/front, beginning front and back crawl.

**Prerequisites:** Child must be able to fully submerge face for 3 seconds, along with above prerequisites.

**Level 3 Stroke Readiness** This level will cover the back crawl and front crawl with rhythmic breathing, the elementary

backstroke, water safety (lifejackets) and treading water.

**Prerequisites:** all of the above prerequisites plus child should be able to swim the front and back crawl.

### **Level 4 Stroke Development**

This level will cover the development of the front crawl, back crawl, elementary backstroke, beginning sidestroke and breaststroke. Water safety (rescue breathing), treading water and swimming endurance are also further developed.

### **Level 5 Stroke Refinement**

This level will involve the refinement of all strokes, the introduction of the butterfly stroke, CPR training, turns and diving.

### **Level 6 Stroke Proficiency**

This level will cover stroke efficiency, endurance, dives, rescues, and CPR training. Changed to include 4 different "tracks."

### **Q: Can I sign my child up for Session 1 Level 1 and then Session 2 Level 2?**

**A:** No. All children advance/learn differently and your child may not pass the first time around. Therefore, we cannot reserve spots in a class for a child who may or may not be in that level. You can sign your child up for another session after they have completed the session – usually there are spots open in the later sessions.

### **Q: What about bad weather?**

**A:** All weather announcements are called in to KRFO AM 1390. The head instructor makes a decision 10-15 minutes

before the scheduled class. If one class is cancelled that does not mean all classes are cancelled. You may also call the Pool (phone number 451-0193) to inquire about cancellations. Additionally, days are not added on to the end of the session if cancellations occur. The minimum number required for ARC swimming lessons is 9-10; we schedule 12-13 as an outdoor pool to insure enough contact days.

### **Q: What if my child is not able to attend the "testing" day(s) / the last days of swimming lessons?**

**A:** The ARC has updated their program and we no longer "test" kids at the end of the swimming lessons. Children are continually tested the whole way through lessons on their skills, once they master a skill, they are checked off. Last days are usually fun/game days!



**Pool Phone Number:  
455-0193**

**Pool Manager:  
Sydney Langeslag**