

# AMERICAN RED CROSS LEARN-TO-SWIM (2009-2010)



**WHO:** Boys and girls 6 months - 15 years of age and Adults 16 years of age and up

**WHAT:** The Groveport Parks & Recreation Department offers THE AMERICAN RED CROSS LEARN-TO-SWIM PROGRAM. Let our staff teach your child skills they will use the rest of their life.

**CLASSES:** Please see second side of flyer for times & dates of classes. Our instructors will evaluate your child's skill level on the first day of class. All Levels (with the exception of Parent & Tot and Pre-School) will be offered during listed times. Registration is taken on a first-come first-served basis.

**WHERE:** Groveport Recreation Center

**FEES:**  
\$45 Resident and/or GRC/GAC Member  
\$55 Non-Resident  
\$5 Late Fee charged if registration accepted after posted registration deadline.

**PARENT & TOT (6 months of age & older)...** Class is designed to give children an introduction into the world of pool water. Hands-on parent involvement required. You and your child will gain confidence in the water and learn water safety skills.

**PRE-SCHOOL PROGRAM (3 years of age & older)...** Splash, play games and build confidence. Class is designed for children that are unsure of the water.

**LEVEL 1 - INTRODUCTION TO WATER SKILLS...** Helps students feel comfortable in water. Participants learn to enter & exit water safely, open eyes underwater & pick up submerged object, swim on front & back using arm & leg actions, submerge mouth, nose & eyes, float on front & back, follow basic rules, exhale underwater through mouth & nose, explore arm & leg movements, use a life jacket.

**LEVEL 2 - FUNDAMENTALS OF AQUATIC SKILLS...** Participants learn to enter water by stepping or jumping from side, open eyes underwater, pick up a submerged object, roll over from front to back & back to front, swim on side, exit water safely using ladder or side, float on front & back, tread water using arm & leg motions, move in the water while wearing a life jacket, submerge entire head, perform front & back glide, swim on front & back using combined strokes.

**LEVEL 3 - STROKE DEVELOPMENT...** Participants learn to jump into deep water from the side, bob with head full submerged, perform survival float, butterfly (kick & body motion), use check-call-care in an emergency, dive from kneeling or standing position, use rotary breathing in horizontal position, change from horizontal to vertical position on front & back, perform the HELP & Huddle position, submerge & retrieve an object, perform front & back glide & crawl, perform a reaching assist.

**LEVEL 4 - STROKE IMPROVEMENT...** Participants learn to shall dive or dive from stride position, perform open turns on front & back using any stroke, swim underwater, tread water using sculling arm motions & kick & perform feet first dive. Swimmers will perform front & back crawl, swim on side using scissors-like kick, breaststroke, butterfly & elementary backstroke.

**LEVEL 5 - STROKE REFINEMENT...** Participants learn to tread water with two different kicks, learn survival swimming & perform rescue breathing. Swimmers will perform standing dive, pike surface dive, butterfly, shall dive, front flip turn, breaststroke, backstroke flip turn, elementary backstroke, tuck surface dive, front & back crawl, sidestroke.

**LEVEL 6 - SWIMMING & SKILL PROFICIENCY...** Participants will refine their strokes so they swim with ease, efficiency, power and smoothness over greater distances. This class prepares swimmers to participate in more advanced courses, including Water Safety Instructor & Lifeguard Training Courses. These options include: personal water safety, fitness swimming, lifeguard readiness & fundamentals of diving.

## LEARN-TO-SWIM CLASS OFFERINGS - Fall 2009

PROGRAM	DATES	TIME	MAX SLOTS PER TIME SESSION	REGISTRATION PERIOD
600002-40 Parent & Tot	Sept. 8 - Oct. 1 Tues. / Thurs.	5:15 PM - 5:45 PM	25	Aug. 24 - Sept. 5
600002-41 Adult	Sept. 8 - Oct. 1 Tues. / Thurs.	5:15 PM - 5:45 PM	15	
600002-42 5 yrs & under	Sept. 8 - Oct. 1 Tues. / Thurs.	5:55 PM - 6:30 PM	25	
600002-43 5 yrs & under	Sept. 8 - Oct. 1 Tues. / Thurs.	6:40 PM - 7:15 PM	25	
600002-44 6 years & older	Sept. 8 - Oct. 1 Tues. / Thurs.	7:25 PM - 8:00 PM	30	
600002-45 6 years & older	Sept. 12 - Oct. 31 Saturday	9:00 AM - 9:35 AM	30	Aug. 24 - Sept. 5
600002-46 5 yrs & under	Sept. 12 - Oct. 31 Saturday	9:45 AM - 10:20 AM	25	
600002-47 6 years & older	Sept. 12 - Oct. 31 Saturday	10:30 AM - 11:05 AM	30	
600002-48 5 yrs & under	Sept. 12 - Oct. 31 Saturday	11:15 AM - 11:50 AM	25	
600002-49 Parent & Tot	Sept. 12 - Oct. 31 Saturday	11:15 AM - 11:50 AM	15	

## LEARN-TO-SWIM CLASS OFFERINGS - Fall II 2009

PROGRAM	DATES	TIME	MAX SLOTS PER TIME SESSION	REGISTRATION PERIOD
600002-50 Parent & Tot	Oct. 13 - Nov. 5 Tues. / Thurs.	5:15 PM - 5:45 PM	25	Sept. 28 - Oct. 10
600002-51 Adult	Oct. 13 - Nov. 5 Tues. / Thurs	5:15 PM - 5:45 PM	15	
600002-52 5 yrs & under	Oct. 13 - Nov. 5 Tues. / Thurs	5:55 PM - 6:30 PM	25	
600002-53 5 yrs & under	Oct. 13 - Nov. 5 Tues. / Thurs	6:40 PM - 7:15 PM	25	
600002-54 6 years & older	Oct. 13 - Nov. 5 Tues. / Thurs	7:25 PM - 8:00 PM	30	
600002-55 6 years & older	Nov. 14 - Jan. 2 Saturday	9:00 AM - 9:35 AM	30	Oct. 26 - Nov. 7
600002-56 5 yrs & under	Nov. 14 - Jan. 2 Saturday	9:45 AM - 0:20 AM	25	
600002-57 6 years & older	Nov. 14 - Jan. 2 Saturday	10:30 AM - 11:05 AM	30	
600002-58 5 yrs & under	Nov. 14 - Jan. 2 Saturday	11:15 AM - 11:50 AM	25	
600002-59 Parent & Tot	Nov. 14 - Jan. 2 Saturday	11:15 AM - 11:50 AM	15	

## LEARN-TO-SWIM CLASS OFFERINGS - Winter 2009

PROGRAM	DATES	TIME	MAX SLOTS PER TIME SESSION	REGISTRATION PERIOD
600002-60 Parent & Tot	Nov. 17 - Dec. 10 Tues. / Thurs.	5:15 PM - 5:45 PM	25	Nov. 2 - Nov. 14 (No class on 11/26 make-up date is 12/15)
600002-61 Adult	Nov. 17 - Dec. 10 Tues. / Thurs.	5:15 PM - 5:45 PM	15	
600002-62 5 yrs & under	Nov. 17 - Dec. 10 Tues. / Thurs.	5:55 PM - 6:30 PM	25	
600002-63 5 yrs & under	Nov. 17 - Dec. 10 Tues. / Thurs.	6:40 PM - 7:15 PM	25	
600002-64 6 years & older	Nov. 17 - Dec. 10 Tues. / Thurs.	7:25 PM - 8:00 PM	30	
600002-65 Parent & Tot	Jan. 5 - Jan. 28 Tues. / Thurs.	5:15 PM - 5:45 PM	25	Dec. 21 - Jan. 2
600002-66 Adult	Jan. 5 - Jan. 28 Tues. / Thurs.	5:15 PM - 5:45 PM	15	
600002-67 5 yrs & under	Jan. 5 - Jan. 28 Tues. / Thurs.	5:55 PM - 6:30 PM	25	
600002-68 5 yrs & under	Jan. 5 - Jan. 28 Tues. / Thurs.	6:40 PM - 7:15 PM	25	
600002-69 6 years & older	Jan. 5 - Jan. 28 Tues. / Thurs.	7:25 PM - 8:00 PM	30	

## LEARN-TO-SWIM CLASS OFFERINGS - Winter 09/10

PROGRAM	DATES	TIME	MAX SLOTS PER TIME SESSION	REGISTRATION PERIOD
600002-70 6 years & older	Jan. 16 - Mar. 6 Saturday	9:00 AM - 9:35 AM	30	Dec. 28 - Jan. 9
600002-71 5 yrs & under	Jan. 16 - Mar. 6 Saturday	9:45 AM - 0:20 AM	25	
600002-72 6 years & older	Jan. 16 - Mar. 6 Saturday	10:30 AM - 1:05 AM	30	
600002-73 5 yrs & under	Jan. 16 - Mar. 6 Saturday	11:15 AM - 1:50 AM	25	
600002-74 Parent & Tot	Jan. 16 - Mar. 6 Saturday	11:15 AM - 1:50 AM	15	
600002-75 Parent & Tot	Feb. 9 - Mar. 4 Tues. / Thurs.	5:15 PM - 5:45 PM	25	Jan. 25 - Feb. 6
600002-76 Adult	Feb. 9 - Mar. 4 Tues. / Thurs.	5:15 PM - 5:45 PM	15	
600002-77 5 yrs & under	Feb. 9 - Mar. 4 Tues. / Thurs.	5:55 PM - 6:30 PM	25	
600002-78 5 yrs & under	Feb. 9 - Mar. 4 Tues. / Thurs.	6:40 PM - 7:15 PM	25	
600002-79 6 years & older	Feb. 9 - Mar. 4 Tues. / Thurs.	7:25 PM - 8:00 PM	30	

## LEARN-TO-SWIM CLASS OFFERINGS - Spring 2010

PROGRAM	DATES	TIME	MAX SLOTS PER TIME SESSION	REGISTRATION PERIOD
600002-80 Parent & Tot	Mar. 16 - Apr. 1 Tues. / Thurs.	5:15 PM - 5:45 PM	25	Mar. 1 - Mar. 13
600002-81 Adult	Mar. 16 - Apr. 1 Tues. / Thurs.	5:15 PM - 5:45 PM	15	
600002-82 5 yrs & under	Mar. 16 - Apr. 1 Tues. / Thurs.	5:55 PM - 6:30 PM	25	
600002-83 5 yrs & under	Mar. 16 - Apr. 1 Tues. / Thurs.	6:40 PM - 7:15 PM	25	
600002-84 6 years & older	Mar. 16 - Apr. 1 Tues. / Thurs.	7:25 PM - 8:00 PM	30	
600002-85 6 years & older	Mar. 20 - May 8 Saturday	9:00 AM - 9:35 AM	30	Mar. 1 - Mar. 13
600002-86 5 yrs & under	Mar. 20 - May 8 Saturday	9:45 AM - 10:20 AM	25	
600002-87 6 years & older	Mar. 20 - May 8 Saturday	10:30 AM - 11:05 AM	30	
600002-88 5 yrs & under	Mar. 20 - May 8 Saturday	11:15 AM - 11:50 AM	25	
600002-89 Parent & Tot	Mar. 20 - May 8 Saturday	11:15 AM - 11:50 AM	15	

## LEARN-TO-SWIM CLASS OFFERINGS - Spring II 2010

PROGRAM	DATES	TIME	MAX SLOTS PER TIME SESSION	REGISTRATION PERIOD
600002-90 Parent & Tot	Apr. 6 - Apr. 29 Tues. / Thurs.	5:15 PM - 5:45 PM	25	Mar. 22 - Apr. 3
600002-91 Adult	Apr. 6 - Apr. 29 Tues. / Thurs.	5:15 PM - 5:45 PM	15	
600002-92 5 yrs & under	Apr. 6 - Apr. 29 Tues. / Thurs.	5:55 PM - 6:30 PM	25	
600002-94 5 yrs & under	Apr. 6 - Apr. 29 Tues. / Thurs.	6:40 PM - 7:15 PM	25	
600002-95 6 years & older	Apr. 6 - Apr. 29 Tues. / Thurs.	7:25 PM - 8:00 PM	30	

