

AMERICAN RED CROSS LEARN-TO-SWIM Summer 2009 MORNING, EVENING & SATURDAY CLASSES NOW AVAILABLE



PLEASE NOTE HIGHLIGHTED SECTIONS BELOW AS CLASSES ARE NOW BY AGE. QUESTIONS CAN BE DIRECTED TO AQUATICS MANAGER OR SWIM COORDINATOR

- WHO:** Boys and girls 6 months - 15 years of age. We also have lessons for Adults.
- 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. Each session includes eight thirty-five minute lessons. Our Instructors will evaluate your child's skill level on the first day of class. All Swim 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 Aquatic Center (Outdoor Pool) & Groveport Recreation Center (Indoor Pool)
- FEES:** \$40 Resident and/or GRC/GAC Member
\$50 Non-Resident

DESCRIPTION OF LEVELS

PARENT & TOT (6 months to 2 year of age)... 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 to 5 years of age)... 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.

Groveport Parks & Recreation Department
614-836-1000 Office • 614-836-2999 Fax • www.groveportrec.com

Over for class times & dates

LEARN-TO-SWIM CLASS OFFERINGS - Summer 2009

PROGRAM #	POOL	DATES	DAYS	TIME	MAX. SLOTS	REG. PERIOD
600015-01 6 years & older	Outdoor	June 8 – June 18	Mon. – Thurs.	8:30 AM – 9:05 AM	50	May 26 – June 5
600015-02 5 yrs & younger	Outdoor	June 8 – June 18	Mon. – Thurs.	9:15 AM – 9:50 AM	30	May 26 – June 5
600015-03 6 years & older	Outdoor	June 8 – June 18	Mon. – Thurs.	10:00 AM – 10:35 AM	50	May 26 – June 5
600015-04 Parent & Tot	Outdoor	June 8 – June 18	Mon. – Thurs.	10:45 AM – 11:20 AM	15	May 26 – June 5
600015-05 5 yrs & younger	Outdoor	June 8 – June 18	Mon. – Thurs.	10:45 AM – 11:20 AM	30	May 26 – June 5
600015-06 Parent & Tot	Indoor	June 13 – Aug. 1	Saturday	10:00 AM – 10:35 AM	15	May 26 – June 5
600015-07 Parent & Tot	Indoor	June 13 – Aug. 1	Saturday	10:45 AM – 11:20 AM	15	May 26 – June 5
600015-08 6 years & older	Outdoor	June 22 – July 2	Mon. – Thurs.	8:30 AM – 9:05 AM	50	June 8 – June 19
600015-09 5 yrs & younger	Outdoor	June 22 – July 2	Mon. – Thurs.	9:15 AM – 9:50 AM	30	June 8 – June 19
600015-10 6 years & older	Outdoor	June 22 – July 2	Mon. – Thurs.	10:00 AM – 10:35 AM	50	June 8 – June 19
600015-11 Parent & Tot	Outdoor	June 22 – July 2	Mon. – Thurs.	10:45 AM – 11:20 AM	15	June 8 – June 19
600015-12 5 yrs & younger	Outdoor	June 22 – July 2	Mon. – Thurs.	10:45 AM – 11:20 AM	30	June 8 – June 19
600015-23 Parent & Tot	Indoor	June 23 – July 16	Tue. & Thurs.	5:55 PM – 6:30 PM	15	June 8 – June 19
600015-24 Adult	Indoor	June 23 – July 16	Tue. & Thurs.	5:55 PM – 6:30 PM	25	June 8 – June 19
600015-25 5 yrs & under	Indoor	June 23 – July 16	Tue. & Thurs.	6:40 PM—7:15 PM	25	June 8 – June 19
600015-26 6 years & older	Indoor	June 23 – July 16	Tue. & Thurs.	7:25 PM – 8:00 PM	25	June 8 – June 19
600015-13 6 years & older	Outdoor	July 6 – July 16	Mon. – Thurs.	8:30 AM – 9:05 AM	50	June 22 – July 3
600015-14 5 yrs & younger	Outdoor	July 6 – July 16	Mon. – Thurs.	9:15 AM – 9:50 AM	30	June 22 – July 3
600015-15 6 years & older	Outdoor	July 6 – July 16	Mon. – Thurs.	10:00 AM – 10:35 AM	50	June 22 – July 3
600015-16 Parent & Tot	Outdoor	July 6 – July 16	Mon. – Thurs.	10:45 AM – 11:20 AM	15	June 22 – July 3
600015-17 5 yrs & younger	Outdoor	July 6 – July 16	Mon. – Thurs.	10:45 AM – 11:20 AM	30	June 22 – July 3
600015-18 6 years & older	Outdoor	July 20 – July 30	Mon. – Thurs.	8:30 AM – 9:05 AM	50	July 6 – July 17
600015-19 5 yrs & younger	Outdoor	July 20 – July 30	Mon. – Thurs.	9:15 AM – 9:50 AM	30	July 6 – July 17
600015-20 6 years & older	Outdoor	July 20 – July 30	Mon. – Thurs.	10:00 AM – 10:35 AM	50	July 6 – July 17
600015-21 Parent & Tot	Outdoor	July 20 – July 30	Mon. – Thurs.	10:45 AM – 11:20 AM	15	July 6 – July 17
600015-22 Pre-School 5 yrs & younger	Outdoor	July 20 – July 30	Mon. – Thurs.	10:45 AM – 11:20 AM	30	July 6 – July 17

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PROGRAM #	POOL	DATES	DAYS	TIME	MAX. SLOTS	REG. PERIOD
600015-27 6 years & older	Outdoor	Aug. 3 – Aug. 13	Mon. – Thurs.	8:30 AM – 9:05 AM	50	July 20 – July 31
600015-28 5 yrs & younger	Outdoor	Aug. 3 – Aug. 13	Mon. – Thurs.	9:15 AM – 9:50 AM	30	July 20 – July 31
600015-29 6 years & older	Outdoor	Aug. 3 – Aug. 13	Mon. – Thurs.	10:00 AM – 10:35 AM	50	July 20 – July 31
600015-30 Parent & Tot	Outdoor	Aug. 3 – Aug. 13	Mon. – Thurs.	10:45 AM – 11:20 AM	15	July 20 – July 31
600015-31 5 yrs & younger	Outdoor	Aug. 3 – Aug. 13	Mon. – Thurs.	10:45 AM – 11:20 AM	30	July 20 – July 31