

CERTIFIED AMERICAN RED CROSS CLASSES

Pre school LEVEL I - AGE 4 & UP Preschool LEVEL II - AGE 4 - 5 & UP Learn to Swim Level I - AGE 6 & UP Learn to Swim LEVEL II - AGE 6 & UP

PRE SCHOOL - 4 & 5 year olds

Pre School LEVEL I - Helps participants feel comfortable in the water and enjoy the water safely. Enter and exit water using ladder, steps or side/ Blowing bubbles through mouth and nose/ Submerging mouth, nose, and eyes/ Open eyes under water and retrieve submerged objects / Front glide and recover to a vertical position / Back float and recover to a vertical position/ back glide/ Roll from front to back and back to front/ Treading with arm hand action/ Alternating and simultaneous leg and arm actions on front and back/ Combined arm and leg actions on front and back / Staying safe around aquatic environments/ Recognizing lifeguards/ Don't just pack it, wear your life jacket/ Recognizing an emergency/ How to call for help / Too much sun is no fun.

Pre School LEVEL II - Builds on the skills learned in Pre School Level I and gives participants success with fundamental skills, such as floating and basic locomotion. Enter water by stepping in/ Exit water using ladder, steps or side/ Bobbing/ Open eyes under water and retrieve submerged objects / Front and back floats and glides/ Recover from a front and back float or glide to a vertical position / Roll from front to back and back to front/ Tread water using arms and leg actions/ Combined arm and leg actions on front and back/ Finning arm action on back/ Staying safe around aquatic environments/ Recognizing lifeguards/ Don't just pack it, wear your jacket/ Recognizing an emergency/ How to call for help/ too much sun is no fun.

LEARN TO SWIM - 6 years and older

LEVEL I - Introduction to Water Skills - Helps participants feel comfortable in the water and enjoy the water safely. Enter and exit water using ladder, steps or side / Blow bubbles through mouth and nose/ Bobbing/ open eyes under water and retrieve submerged objects / Front and back glides and back float/ Recover to vertical position from a front glide and back float or glide/ Roll from front to back and back to front/ tread water using arm and hand actions/ Alternating and simultaneous leg actions on front and back/ Staying safe around aquatic environments/ Recognizing the lifeguards/ Don't just pack it, wear your jacket/ recognizing an emergency/ How to call for help/ too much sun is no fun

LEVEL II - Fundamental Aquatic Skills - Builds on the skills learned in Level 1 and gives participants success with fundamental skills, such as floating and basic locomotion. Enter water by stepping or jumping from the side/ Exit water using ladder, steps or side/ Fully submerge and hold breath/ Bobbing/ open eyes under water and retrieve submerged objects / Front, jellyfish and tuck floats / Front and back glides and back float/ Recover from front to back and back to front/ Tread water using arm and hand actions/ Alternating and simultaneous leg actions on front and back/ Alternating and simultaneous arm actions on front and back/ Combined arm and leg actions on front and back/ Finning arm action on back/ Staying safe around aquatic environments/ Don't just pack it, wear your jacket/ Recognizing an emergency/ How to call for help/ Too much sun is no fun/ Look before you leap/ Think so you don't sink/ reach or throw, don't go

LEVEL III - Builds on skills in Level 2 through additional guided practice in deeper waters. Enter water by jumping from the side/ Headfirst entry from the side in sitting and kneeling positions/ Bobbing while moving toward safety/ Rotary breathing/ survival float/ Back float/ change from vertical to horizontal position on front and back/ Tread water/ Push off in a streamlined position then begin flutter and dolphin kicks on the front / Front crawl and elementary backstroke/ Scissors kick/ reach or throw, don't go / Think twice before going near cold water or ice/ Look before you leap/ Reaching and extension assists Familiarity with rescue breathing

LEVEL IV - Develops confidence in the skills learned and improves other aquatic skills - Headfirst entry from the side in compact and stride positions / Swim under water / Feet first surface dive/ Survival swimming/ Front crawl and backstroke open turns / tread water using 2 different kicks / Front and back crawl, elementary backstroke, breast stroke, sidestroke and butterfly / Push off in a stream lined Position then begin flutter and dolphin kicks on back/ Reach or throw, don't go/ Recreational water illnesses / Think so you don't sink/ Look before you leap

CLASSES

SESSION I JUNE 14th - JUNE 23th

8:30 a.m.	9:30 a.m.	10:30 a.m.	5:30 p.m.	6:30 p.m.
Level III	Preschool II	Preschool I	Level I	Preschool II
Level IV	Level I	Preschool II		Level I
	Level II	Level I		Level II

SESSION II JUNE 28th - JULY 1ST AND JULY 6th - 9th

8:30 a.m.	9:30 a.m.	10:30 a.m.	5:30 p.m.	6:30 p.m.
Level II	Preschool I	Preschool I		Preschool II
Level III	Level I	Preschool II		Level III
	Level II	Level I		Level IV

SESSION III JULY 12th - JULY 21st

8:30 a.m.	9:30 a.m.	10:30 a.m.	5:30 p.m.	6:30 p.m.
Level III	Level I	Preschool II		Preschool I
Level IV (if needed)	Level II	Level I		Level I
	Level III	Level II		Level II

SESSION IV (if needed) DATES TO BE ANNOUNCED Will offer classes, ONLY if have the demand

Classes are 50 minutes. No class with less than 6 students will be scheduled.

Absolutely no refunds will be issued for the 4th session.

ALL CLASSES DEPEND ON THE AVAILABILITY OF INSTRUCTORS!!!

Level V and VI classes may be offered during Session II and III at 5:30 if there is demand.

(Classes / dates / prices are subject to change due to early printing deadline)

SWIMMING CLASS REGISTRATION BEGINS

MONDAY APRIL 26

Clute Parks Office 218 Hwy. 332
8:00 AM - NOON & 1:00 - 5:00 PM

AFTER OFFICE HOURS

REGISTRATION

Wednesday - April 28

Monday - May 10

Wednesday - May 19

Monday - June 7

5:00 pm to 6:00 pm
at the Clute Parks Office.

.COST PER CLASS

PER STUDENT

Clute Resident - \$25.00
Non-Clute Resident - \$28.00
Cash and Checks only.

POOL ADMISSION RATES

0 - 7 years	\$1.00
8 - 17 years	\$2.00
18 years and over	\$3.00
Spectator Fee	\$2.00
Senior Citizens (60 & Over)	\$1.00

8 years of age & under must be
accompanied by an adult

POOL PASS

Family and Individual

(Full Summer) June 9th - Pool Closure

	Resident	Non-Resident
Family	\$65.00	\$75.00
Individual	\$35.00	\$55.00

(Partial Summer) July 1st - Pool Closure

	Resident	Non-Resident
Family	\$50.00	\$60.00
Individual	\$30.00	\$45.00

POOL OPENS FOR THE SUMMER

on Wednesday, June 9, 2010

Hours of Operation

Monday - Saturday

1:00 p.m.-6:30 p.m.

Sunday

1:00 p.m.-5:30 p.m.

Pool Closes for the Summer

Friday, August 20, 2010