

Port Shiloh Pool

LEARN TO SWIM PROGRAM

Learn To Swim Program - The American Red Cross has structured the Learn to Swim program to enable your child to obtain a smoother progression throughout the levels. Learn-to-Swim teaches aquatic and safety skills in a logical progression. The objective is to teach people to swim and to be safe in, on and around the water.

Skills are categorized in the following way:

- Water Entry and Exit
- Breath Control and Underwater Swimming
- Buoyancy
- Changing Direction and Position
- Treading
- Swimming on Front, Back and Side
- General and Personal Water Safety
- Helping Others

The learn-to-swim levels and the objectives for each level include:(Max 21 participants per time slot for all levels)

IPAP Level - (Infant / Preschooler / and Parent)
0-23 Mo., 2-3 Yrs., 4-5 Yrs.

Level 1 6 Yrs. & Up
Introduction to Water Skills: helps students feel comfortable in the water and to enjoy the water safely.

Level 2 6 Yrs. & Up
Fundamental Aquatic Skills: gives students success with fundamental skills.

Level 3 6 Yrs. & Up
Stroke Development: builds on the skills in Level 2 by providing additional guided practice.

Level 4 6 Yrs. & Up
Stroke Improvement: develops confidence in the strokes learned and to improve other aquatic skills.

Level 5 6 Yrs. & Up
Stroke Refinement: provides further coordination and refinement of strokes.

Level 6 6 Yrs. & Up
Swimming and Skill Proficiency: refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options. Each of these options focus on preparing students to participate in more advance courses, such as Water Safety Instructor and Lifeguard Training. These options include: Personal Water Safety, Lifeguard Readiness and Fitness Swimming

When registering, sign up for the desired time slot and level of ability. Classes are offered (depending on age and level) on Saturdays for 10 weeks or for 2½ week sessions meeting on Mondays, Tuesdays, Thursdays and Fridays for a total of 10 classes.

Session 1 - Levels 1 –6

2½ Week Session - Mon, Tues, Thurs & Fri
June 9 thru 24 Ages: 6 & Up classes begin on Thursday

Levels	Codes 9:15-9:55 a.m.	Codes 10-10:40 a.m.	Codes 10:45-11:25 a.m.
Level 1	2-5020-1	2-5020-2	2-5020-3
Level 2	2-5030-1	2-5030-2	2-5030-3
Level 3	2-5040-1	2-5040-2	2-5040-3
Level 4	2-5050-1	2-5050-2	2-5050-3
Level 5		2-5060-2	2-5060-3
Level 6		2-5070-2	2-5070-3

Registration Deadline: June 7

Location: Port Shiloh Pool

Fees: Resident: \$35 Non-Resident: \$50

Rain Dates: June 27 & 28

Session 2 - Levels 1 –6

2½ Week Session - Mon, Tues, Thurs & Fri
June 30 thru July 15 Ages: 6 & Up classes begin on Thursday

Levels	Codes 9:15-9:55 a.m.	Codes 10-10:40 a.m.	Codes 10:45-11:25 a.m.
Level 1	2-5021-1	2-5021-2	2-5021-3
Level 2	2-5031-1	2-5031-2	2-5031-3
Level 3	2-5041-1	2-5041-2	2-5041-3
Level 4	2-5051-1	2-5051-2	2-5051-3
Level 5		2-5061-2	2-5061-3
Level 6		2-5071-2	2-5071-3

Registration Deadline: June 27

Location: Port Shiloh Pool

Fees: Resident: \$35 Non-Resident: \$50

Rain Dates: July 18 & 19

Session 3 - Levels 1 –6

2½ Week Session - Mon, Tues, Thurs & Fri
July 21 thru August 5 Ages: 6 & Up classes begin on Thursday

Levels	Codes 9:15-9:55 a.m.	Codes 10-10:40 a.m.	Codes 10:45-11:25 a.m.
Level 1	2-5022-1	2-5022-2	2-5022-3
Level 2	2-5032-1	2-5032-2	2-5032-3
Level 3	2-5042-1	2-5042-2	2-5042-3
Level 4	2-5052-1	2-5052-2	2-5052-3
Level 5		2-5062-2	2-5062-3
Level 6		2-5072-2	2-5072-3

Registration Deadline: July 18

Location: Port Shiloh Pool

Fees: Resident: \$35 Non-Resident: \$50

Rain Dates: August 8 & 9

Swim Classes - Levels 1-6*

*See Learn To Swim Program Level descriptions.

Saturday Session - Levels 1 – 6

June 11 thru August 13 – 10 Weeks

Levels	Codes 9:15-9:55 am	Ages
Level 1	2-5024-2	6 & Up
Level 2	2-5034-2	6 & Up
Level 3	2-5044-2	6 & Up
Level 4	2-5054-2	6 & Up
Level 5	2-5064-2	6 & Up
Level 6	2-5074-2	6 & Up

Registration Deadline: June 9

Location: Port Shiloh Pool

Fees: Resident: \$35 Non-Resident: \$50

Monday Evening Classes – Levels 1-6

June 6 thru August 8 – 10 Weeks
6:15-7:00 p.m. Ages: 6 and Up

Levels	Code
Level 1	2-5088-1
Level 2	2-5088-2
Level 3	2-5088-3
Level 4	2-5088-4
Level 5	2-5088-5
Level 6	2-5088-6

Registration Deadline: June 3

Location: Port Shiloh Pool

Fees: Resident: \$35 Non-Resident: \$50