



**American
Red Cross**



fall youth swim classes **2019**

Learn-to-Swim teaches children of varying ages and abilities how to swim skillfully and safely. Each level includes training in basic water safety in addition to aquatic and safety skills taught in a logical progression.

At least one instructor in each class has successfully completed American Red Cross training and is a certified Water Safety Instructor!

COST:

SAT & SUN (8 Wk Sessions):
\$75/Member, \$100/Non-Member

WED (10 Wk Sessions):
\$100/Member, \$130/Non-Member

DATES:

Saturdays (8 Weeks): **OCT 5th – NOV 23rd**

Sundays (8 Weeks): **OCT 6th – NOV 24th**

Wednesdays (10 Weeks): **OCT 2nd – DEC 11th**
(No class on 11/27)



Registration is available online, in person, or over the phone. For more information, please contact Stephanie Kegelman, Aquatics Director, at 302-478-5660 x401 or by email at stephkegelman@siegeljcc.org.

*See reverse for **Group Swim** schedule.*

ADULT SWIM CLASSES ALSO OFFERED!

Visit our website for more information.

PRIVATE SWIM LESSONS:

For Children or Adults: Private or semi-private lessons are recommended for swimmers who need special attention. Each lesson provides the one-on-one attention needed for the swimmer(s) to excel! Lessons are scheduled at your convenience. Contact the Aquatics Department for pricing and package information.

GROUP SWIM LESSONS

FALL
2019

PARENT & CHILD AQUATICS A

Recommended Ages:
6 Months – 2 Years

Parents accompany their little ones in the water for this fun and interactive class. Songs, games and splashing activities teach basic water movements, floating and breath control. Objectives include water adjustment, blowing bubbles, kicking, scooping and floating with assistance.

PARENT & CHILD AQUATICS B

Recommended Ages:
2 – 3 Years

A transition class for youngsters who are between working with a parent and working with an instructor. Swimmers will practice getting their face wet as well as floating, gliding, scooping, kicking and jumping.

PRESCHOOL AQUATICS LEVEL 2

Recommended Ages:
3 – 5 Years

This class teaches basic aquatic and safety skills. Children then build on their skills and start performing them at a slightly more advanced level. Children begin learning how to move through the water independently.

PRESCHOOL AQUATICS LEVEL 3

Recommended Ages:
3 – 5 Years

This class increases children's proficiency in performing previously learned skills. Instructors provide additional guided practice and increase repetitions, distances, times, and levels of refinement. All skills are performed independently. Children improve their coordination and control of locomotion in the water.

SATURDAY

10 – 10:30 AM

10:30 – 11 AM

11 – 11:30 AM

11:30 AM – 12 PM

SUNDAY

10 – 10:30 AM

10:30 – 11 AM

11 – 11:30 AM

11:30 AM – 12 PM

WEDNESDAY

12:30 – 1 PM

1 – 1:30 PM

LEVEL 1

Recommended Ages:
6 Years +

This class introduces basic aquatic skills that participants will continue to build on as they progress through the Learn-to-Swim levels. In addition, participants start developing positive attitudes, effective swimming habits, and safe practices in and around the water.

LEVEL 2

Recommended Ages:
6 Years +

This class builds on basic aquatic and water safety skills. Participants begin to perform skills at a slightly more advanced level and begin to move independently through the water for short distances. Participants must be able to submerge their head independently.

LEVEL 3

Recommended Ages:
6 Years +

This class teaches the front crawl, elementary backstroke, breaststroke, scissors, and dolphin kicks at rudimentary proficiency levels. Participants also learn the rules for headfirst entries. Upon successful completion of this class, participants have achieved basic water competency in a pool environment. Participants must be able to swim half the length of the pool unassisted and tread water for 15 seconds.

LEVEL 4

Recommended Ages:
6 Years +

This class improves upon participants' proficiency in front crawl and elementary backstroke over greater distances. Participants also learn to swim breaststroke, back crawl, butterfly, and sidestroke at rudimentary levels over short distances. Participants must be able to swim the length of the pool front crawl using rotary breathing, tread water for 1 minute, and perform a kneeling dive.

LEVEL 5

Recommended Ages:
6 Years +

This class focuses on refining the performance of all six swimming strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke), over greater distances. Participants also learn to perform flip turns on the front and back. Participants must be able to swim the length of the pool front crawl using rotary breathing, swim half a length of the pool each of breaststroke and back crawl, and perform a standing dive.

SATURDAY

1:30 – 2 PM

2 – 2:30 PM

2:30 – 3 PM

3 – 3:30 PM

3:30 – 4 PM

SUNDAY

12:45 – 1:15 PM

1:15 – 1:45 PM

1:45 – 2:15 PM

2:15 – 2:45 PM

NOTE: Classes are filled on a first-come, first-serve basis. Class sizes are limited to allow each participant to fully benefit from the program. Registration will close when maximum limits are reached. The Siegel JCC reserves the right to cancel a class due to insufficient registration. **Make-ups and refunds will not be given if an individual class is missed.**