

Red Cross Swim Lessons- Biddeford Recreation Department

Level I – 60 minutes’ lesson length – Beginning July 14th thru July 23rd

6 participants

Ages: 6 to 10

Wednesday - 3p.m. to 4p.m.

Thursday - 3p.m. to 4 p.m.

Friday - 3p.m. to 4 p.m.

Red Cross Certificates will be awarded to participants who finish the course.

Level 2 – 60 minutes’ lesson length – Beginning July 28th thru August 6th

6 participants

Ages: 6 to 10

Wednesday – 3 p.m. to 4p.m.

Thursday - 3p.m. to 4p.m.

Friday - 3p.m. to 4p.m.

Red Cross Certificates will be awarded to participants who finish the course.

What you learn in:

LEVEL 1

1. Enter and exit water
2. Blowing bubbles
3. Bobbing
4. Open eyes under water and retrieve submerged objects
5. Front glide and float, and recover to a vertical position
6. Back glide and float and recover to a vertical position
7. Roll from front to back and back to front
8. Tread water, using arm and hand actions
9. Alternating and simultaneous leg and arm actions on front
10. Alternating and simultaneous leg and arm actions on back
11. Combined arm and leg actions on front
12. Combined arm and leg actions on back
13. Learn appropriate safety skills

LEVEL 1 EXIT REQUIREMENTS

1. Enter unassisted, travel 5 yards, bob 3 times, then safely exit water
2. Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position (can be performed with support)

What you will learn in:

LEVEL 2

1. Stepping or jumping from side into chest-deep water
2. Fully submerge and hold breath
3. Bobbing
4. Open eyes under water and retrieve submerged objects
5. Front, jellyfish and tuck floats
6. Front glide and float, and recover to a vertical position
7. Back glide and float, and recover to a vertical position
8. Roll from front to back and back to front
9. Tread water, using arm and leg actions
10. Change direction of travel while swimming on front and back
11. Combined arm and leg actions on front
12. Combined arm and leg actions on back
13. Finning arm action on back
14. Learn appropriate safety skills

LEVEL 2 EXIT REQUIREMENTS

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds, then return to a vertical position
2. Move into a back float for 5 seconds, roll to front, then recover to a vertical position
3. Push off and swim, using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue for 5 body lengths (can be assisted when getting a breath)

COST: 15.00 for the 6 class session.