

## General Swimming Lessons Information

Valley City Parks and Recreation swimming lessons follow the American Red Cross Program. Red Cross Water Safety Instructors will teach all classes.

### **Parent/Child Lessons**

*(Recommended ages are between 1-3, depends on parent's comfort level)*

Parent must be in water with child at ALL times!

1 Parent to 1 Child Ratio

Parents and children learn together to increase child's comfort in the water. Introduces basic skills including safety topics to parents and children.

### **Pre-School Lessons**

*(Recommend ages between 2-5 years old, based off of parent's comfort level)*

Introduces basic skills including safety topics to children and beginner skills.

### **Level 1**

*(Must be 5 by the first day of lessons...no exception)*

Introduction to Water Skills

The objective of this level is to help student feel comfortable in the water. More in-depth basic swimming skills and safety topics. Parents are encouraged to attend and observe lessons.

### **Level 2**

Fundamental Aquatic Skills

Gives students success with fundamental skills. Introduction into beginning strokes.

### **Level 3**

Stroke Development

Builds on skills in Level II by providing additional guided practice. Mastering and learning additional strokes.

### **Level 4**

Stroke Improvement

Develops confidence in the strokes learned and to improve other aquatic skills. Continuing to perfect learned strokes and learning additional strokes.

### **Level 5/6**

Perfecting strokes and further aquatics advancement.