

2023 Red Cross Swim Lessons Conrad Family Aquatic Center

June Session Sign-Up 5-8 p.m. Monday June 5, 2023
at the Conrad Family Aquatic Center

2 week session June 12-23, M-F

Levels 5&6: 9:30-10:15am

Levels 3&4: 10:30-11:15am

Levels 1&2: 11:30-12:00

July Session Sign-Up 5-8 p.m. Monday July 3, 2023
at the Conrad Family Aquatic Center

2 Week Session July 10-21, 2023

Levels 5&6: 9:30-10:15am

Levels 3&4: 10:30-11:15am

Levels 1&2: 11:30-12:00pm

Cost: \$60 per student

Due at sign up and payable to CFAC

Parent/Child and Preschool Lessons offered the week of July 17-21, 2023

Parent Child (18-36 months) parent required: 6:40-7:10pm

Preschool (3yrs-4yrs) parent optional: 7:20-7:50pm

Cost \$30 per student (one week only)

Due at sign up and payable to CFAC

****IMPORTANT****

Class sizes will be strictly limited. Due to limited space, payment IS REQUIRED AT SIGN UP in order to reserve your swimmer's enrollment in lessons this summer.

Students entering a level must have a completion card from their previous level, or be able to demonstrate the completion requirements from that level. **A child must be 5 years old to begin level 1.** The lessons are divided into six levels. Below is a summary of what is covered in each level.

LEVEL 1 - INTRODUCTION TO WATER SKILLS: Helps students feel comfortable in the water and enjoy water safety.

LEVEL 2 - FUNDAMENTAL AQUATIC SKILLS: Gives students success in basic skills.

LEVEL 3 - STROKE DEVELOPMENT: Builds on skills in Level 2 by providing additional guided practice.

LEVEL 4 - STROKE IMPROVEMENT: Develops confidence in the strokes previously learned and to improve other aquatic skills.

LEVEL 5 - STROKE REFINEMENT: Provides further coordination and refinement of strokes.

LEVEL 6 - SWIMMING AND SKILL PROFICIENCY: Refines the strokes so students swim them with ease, efficiency, and power over greater distances.