

2018 Central Klickitat County Park & Recreation District American Red Cross Swimming Lessons & Lifeguard Trainings

Please call (773-0506) or stop by the pool for details and to register your children for lessons or you can register online at: <https://www.signmeup.com/AMRswimLessonsSpring2018>

Our staff will assist with placing your children in the appropriate class level, and you can help by reading the class descriptions on the back of this sheet.

Swim Lesson Fees: \$38 if registered on or before the Friday prior to the start of a session lessons.

Last Minute Registration: \$48 if registering within 72 hours from the start of a session.

*Classes may be combined if there is low enrollment in two similar levels. Lifeguard and Guard-Start classes may be cancelled if there is no one registered five days in advance of the class starting.

SPRING SWIMMING LESSONS:

Spring: Session One

April 10-26
Tuesday & Thursday
Levels P-3 5:30 -6:15pm
Levels 4 & 5 5:30-6:30pm

Spring: Session Two

May 1-17
Tuesday & Thursday
Levels P-3 5 : 30 -6:15pm
Levels 4 & 5 5:30-6:30pm

Spring: Session Three

May 22-June 7
Tuesday & Thursdays
Levels P-3 5 : 30 -6:15pm
Levels 4 & 5 5:30-6:30pm

SUMMER SWIMMING LESSONS:

Summer: Session One Morning

June 25-July 6 Monday-Friday
Levels Preschool-3 11:15-11:45am
Levels 4 & 5 11:15-12noon

Summer Session One: Evening

June 25-July 6 Monday-Friday
Levels Preschool-3 5:45-6:15pm
Levels 4 & 5 5:30-6:15pm

Summer: Session Two Morning

July 9-July 20 Monday-Friday
Levels Preschool-3 11:15-11:45am
Levels 4 & 5 11:15-12noon

Summer: Session Two Evening

July 9-July 20 Monday-Friday
Levels Preschool-3 5:45-6:15pm
Levels 4 & 5 5:30-6:15pm

Summer: Session Three Morning

July 23-August 3 Monday-Friday
Levels Preschool-3 11:15-11:45am
Levels 4 & 5 11:15-12noon

Summer: Session Three Evening

July 23-August 3 Monday-Friday
Levels Preschool-3 5:45-6:15pm
Levels 4 & 5 5:30-6:15pm

Summer: Session Four Morning

August 6- August 17 Monday-Friday
Levels Preschool-3 11:15-11:45am
Levels 4 & 5 11:15-12noon

Summer Session Four Evening

August 6- August 17 Monday-Friday
Levels Preschool-3 5:45-6:15pm
Levels 4 & 5 5:30-6:15pm

Lesson Format: The American Red Cross offers a comprehensive and developmentally appropriate swim program that teaches you, your child and other family members how swim skillfully and safely. The prerequisite for each level is the successful demonstration of skills from the preceding level, except for Level 1 which has no prerequisites. Each level also includes lessons in water safety. On first day of lessons, we go through a skills checklist with each student to ensure they are in the correct level. Following the skills checklist the students will start learning and practicing skills appropriate for the given class level. On the last day of lessons, a review of all skills will be completed and their accomplishments will be acknowledged with certificates.

Preschool Aquatics:

Level One Preschool Aquatics: Orients children to the aquatic environment and helps them gain basic aquatic skills in the wading pool and large pool. Occasionally children in the pre-school class do not want to participate in their class. We ask that the parent/guardian be on the deck near the wading pool in case their child decides to not participate in class, potentially wanders off, and could be in danger as the instructor is still teaching the rest of the class.

Learn to Swim for Children:

Level 1: Introduction to Water Skills: Helps participants feel comfortable in the water and develop basic skills such as: bubble blowing, submerging the face and head, supported front and back float, breathing, and kicking.

Level 2: Fundamental Aquatic Skills: Gives participants success with fundamental skills including submerging head for 5-10 seconds, retrieving objects from shallow water, independent front and back floats, independent flutter kick and fining 5 yards (front and back).

Level 3: Stroke Development: Builds on the skills in level 2 through additional guided practice with skills such as the beginning front crawl (breathing to the side), introduction to backstroke and butterfly, retrieving objects from bottom, and jumping into deep water.

Level 4: Stroke Improvement: Develops confidence in the skills learned and improves other aquatic skills including introduction to elementary backstroke, breaststroke, sidestroke, turns at the wall, and continued work on front & back crawl and butterfly.

Level 5: Stroke Refinement: Provides further coordination and refinement of strokes including the dolphin kick, alternate side breathing, and introduction to distance swimming, refinement of all strokes.

Additional Swim Lesson Information and Policies:

- Please check in at the front desk as your child arrives for lessons
- The District reserves the right to cancel a class due to insufficient participants. Credits & or refunds will be issued.
- Anyone with an open wound, or contagious condition will not be allowed in the pool.

Preparing your child for lessons:

- Bring lots of towels & warm clothes.
- Goggles are suggested, but please be sure the goggles fit before lessons start!
- If your child has long hair, please put it in a ponytail or braid.
- Let the instructor know if your child has any medical conditions.
- Parents should remain seated & try to not distract their child during lessons.
- Have your child use the restroom prior to the start of lessons.

Private Swimming Lessons: Private lessons are available through the Central Klickitat County Park & Recreation District at a rate of \$90 per session. These lessons are taught by Red Cross certified lifeguards who are on staff with the district. Private lesson dates & times will be arranged with the instructor & parents and consists of five hours of instruction time. There are limited times when private lesson can be taught. Please ask for additional details.

AMERICAN RED CROSS LIFEGUARDING CLASSES: *Scholarships are available*

Guard Start: A pre-lifeguard course for kids ages 11-14. July 23-27 Class Time: 5:30-7pm. Cost: \$38

Lifeguard Certification: ∞Must be 15 or older: July 9-13 or July 30-August 3. M-F 5:30pm to 8pm. Cost is \$50. Upon completing the course, students will obtain certifications from the American Red Cross in Lifeguarding, CPR, AED and First Aid. A portion of the class is spent in the water and the other portion is spent in a class room setting and a portion is spent on-line.

Per the American Red Cross there is a mandatory prerequisite skills test that each student must pass prior to taking the lifeguard class. Please contact the swimming pool (509) 773-0506 or email loria@klickitatcounty.org to schedule a time for skills test. The test must be completed on or before the Friday prior to the class starting on the following Monday.

*300 yard swim (100 yds. crawl stroke, 100 yds. breast stroke, remaining 100 yds. can be either crawl or breast stroke (no swimming on your back). The swim is NOT timed, but you cannot stop for any reason.

*Tread water for two minutes with your hands out of the water

*20 yard swim, surface dive and pick up a 10 pound brick; swim using both hands on the brick back to the start point and climb out of the pool in less than 1:40 seconds.

∞If you turn 15 prior to the next swim season, talk to Lori Anderson, Manager, and arrangements can be made to insure certification prior to the next season making you eligible for employment as a lifeguard.