

## 2024 Central Klickitat County Park & Recreation District American Red Cross Swimming Lessons & Lifeguard Trainings

- Swim Lesson Fees: \$52 if registered on or before the Friday prior to the start of a session lessons
- Last Minute Registration: \$62 if registering after the Friday prior to the start lesson, if opens are available
- Family/Multi-Session Discount: Register more than one child for more than one session of lessons; or multiple children in one session of lessons and pay \$48 for each additional child or 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 9-25th Tuesday & Thursdays Levels P-3@: 5 : 3 0 -6:15pm and Levels 4 & 5 @ 5:30-6:30pm

**Spring Session Two:** April 30-May 16th Tuesday & Thursdays Levels P-3@: 5 : 3 0 -6:15pm and Levels 4 & 5 @ 5:30-6:30pm

**Spring Session Three:** May 21-June 6th Tuesday & Thursdays Levels P-3@: 5 : 3 0 -6:15pm and Levels 4 & 5 @ 5:30-6:30pm

### SUMMER SWIMMING LESSONS

<p style="text-align: center;"><b><u>Summer: Session One Morning</u></b> June 24- July 5<sup>th</sup> Monday-Friday Levels Preschool-3 @ 11:15- 11:45am Levels 4 &amp; 5 11:15-12</p> <p style="text-align: center;"><b><u>Summer Session One: Evening</u></b> June 24- July 5<sup>th</sup> Monday-Friday Levels Preschool-3 @ 6pm-6:30pm Levels 4 &amp; 5 5:45-6:30pm</p>	<p style="text-align: center;"><b><u>Summer: Session Three Morning</u></b> July 22-August 2nd Monday-Friday Levels Preschool-3 @ 11:15-11:45am Levels 4 &amp; 5 11:15-12</p> <p style="text-align: center;"><b><u>Summer: Session Three Evening</u></b> July 22-August 2nd Monday-Friday Levels Preschool-3 6-6:30pm Levels 4 &amp; 5 5:45-6:30pm</p>
<p style="text-align: center;"><b><u>Summer: Session Two Morning</u></b> July 8<sup>th</sup>-19<sup>th</sup> Monday-Friday Levels Preschool-3 @ 11:15- 11:45am Levels 4 &amp; 5 11:15-12</p> <p style="text-align: center;"><b><u>Summer: Session Two Evening</u></b> July 8<sup>th</sup>-19<sup>th</sup> Monday-Friday Levels Preschool-3 @ 6pm-6:30pm Levels 4 &amp; 5 5:45-6:30pm</p>	<p style="text-align: center;"><b><u>Summer: Session Four Morning</u></b> August 5-16th Monday-Friday Levels Preschool-3 @ 11:15- 11:45am Levels 4 &amp; 5 11:15-12</p> <p style="text-align: center;"><b><u>Summer Session Four Evening</u></b> August 5-16th Monday-Friday Levels Preschool-3 @ 6pm-6:30 Levels 4 &amp; 5 5:45-6:30pm</p>

**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. 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. A review of all skills will be completed, and their accomplishments will be acknowledged with certificates.

**Preschool Aquatics:** Orients children to the aquatic environment and helps them gain basic aquatic skills in the wading pool and large pool. *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 elementary backstroke, breaststroke, sidestroke, turns at the wall, and continued work on front & backcrawl 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.

**Private Swimming Lessons:** Private lessons are available through the Central Klickitat County Park & Recreation District at a rate of \$168 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.

**LIFEGUARD CLASSES:** Must be 15 or older: June 23-28 or July 29-August 2 (time vary based on enrollment M-F evening class)

**Guard Start (Junior Lifeguard Class)** July 22-25<sup>th</sup> evening class (times will vary based on enrollment numbers)