

Central Klickitat County Park & Recreation District

American Red Cross Swimming Lessons & Lifeguard Trainings

Registration Fees:

- Early Registration: \$52 (by Friday before the session)
- Late Registration: \$62 (after Friday, if space is available)
- Family Discount: \$48 per additional child or session for multiple registrations.

Important Info:

- Do not register a child for the entire season at once due to large class sizes.
- Children must be engaged and behave appropriately; disruptive behavior may result in expulsion without refund.
 - After lessons, a family or open swim session is available to practice skills.
 - Classes may be combined or canceled due to low enrollment.

SPRING SWIMMING LESSONS:

Spring Session One	Spring Session Two	Spring Session Three
April 8-April 24 (Tues & Thursday) Levels Preschool-3: 5:30-6:15pm Levels 4 & 5: 5:30-6:30pm	April 29-May 15 (Tues & Thursday) Levels Preschool-3: 5:30-6:15pm Levels 4 & 5: 5:30-6:30pm	May 20- June 5 (Tues & Thursday) Levels Preschool-3: 5:30-6:15pm Levels 4 & 5: 5:30-6:30pm

SUMMER SWIMMING LESSONS:

Summer Session 1: AM	Summer Session 1: PM	Summer Session 2: AM	Summer Session 2: PM
June 23-July 3 M-F 11:15-11:45am Levels Preschool-3 11:15-12pm Level 4&5	June 23-July 3 M-F 6-6:30pm Levels Preschool-3 5:45-6:30pm Level 4&5	July 7-18 M-F 11:15-11:45am Levels Preschool-3 11:15-12pm Level 4&5	July 7-18 M-F 6-6:30pm Levels Preschool-3 5:45-6:30pm Level 4&5
Summer Session 3: AM	Summer Session 3: PM	Summer Session 4: AM	Summer Session 4: PM
July 21-Aug 1 M-F 11:15-11:45am Levels Preschool-3 11:15-12pm Level 4&5	July 21-Aug 1 M-F 6-6:30pm Levels Preschool-3 5:45-6:30pm Level 4&5	August 4-15 M-F 11:15-11:45am Levels Preschool-3 11:15-12pm Level 4&5	August 4-15 M-F 6-6:30pm Levels Preschool-3 5:45-6:30pm Level 4&5

Lesson Structure: The American Red Cross program focuses on skill progression from Level 1 (no prerequisites) to Level 5 (stroke refinement). Students must demonstrate skills to progress. Certificates awarded upon successful completion.

Class Levels:

Preschool: For children 3+ years (on first day of the given session) with little water experience, focusing on basic water safety and skills

Level 1: Introduction to Water Skills: bubble blowing, submerging the face and head, front and back float, breathing, and kicking.

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

Level 3: Stroke Development: 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: improves other aquatic skills including elementary backstroke, breaststroke, sidestroke, flip turns, and continued work on front & backcrawl and butterfly.

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

Other Classes:

- Private Lessons: \$168 for five hours with an instructor, scheduled based on availability of instructors and pool time.
- Lifeguard Classes: For ages 15+; includes 7.5 hours of online work and 21 hours of pool/classroom training.
- Guard Start (Junior Lifeguard): For ages 11-14, scheduled based on demand.



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