



Swim Lesson Guidelines



Parent & Child Aquatics—Parent and Child is intended to give parents safety information and teach techniques to orient their children to the water. Children are introduced to the water and taught swimming readiness skills through their parent with aid from the instructor. Instructors will provide direction regarding how to supervise water activities in a responsible manner. Children should be at least six months old through approximately three years of age. A Swim Test Verification and Registration Form is not required.

Preschool Aquatics—This primary objective of the preschool aquatics program is to promote the learning of fundamental water safety and aquatic skills at a pace appropriate for this age group. Participants begin to develop positive attitudes and safe practices in and around the water. Children should be between four and five years of age. Parents are not permitted in these lessons. If your child needs a parent to be in the pool with them, they will have to enroll in the Parent & Child Aquatics program. A Swim Test Verification and Registration Form is not required.

The American Red Cross swim lesson programs have been redesigned with higher standards and have been structured to promote learning in a more efficient way. The following Learn-to-Swim Levels require your child to be tested prior to the first day of class in order that they may be placed in a class that best matches their skills.

Testing times are Saturdays **after** 3 p.m. and Sundays **after** 12 noon.

To register, a Swim Testing Verification and Registration form or report card from the most recent swim lesson session must be presented at the front desk.

Learn to Swim Level 1—Introduction to Water Skills Learn to swim level 1 is designed to make participants comfortable in the water and orient them to the aquatic environment. Basic personal water safety information and aquatic skills are taught. Participants begin to develop positive attitudes and safe practices in and around the water. Children should be six years of age or older. Participants in this level may use bubble belts or need support from the instructor.

— *To progress to Level 2, students must pass all skills with no more than one bubble.*

Learn to Swim Level 2—Fundamental Aquatic Skills Level 2 marks the beginning of having “locomotion” in the water. Participants build on the basic aquatic skills and water safety skills and concepts learned in Level 1. Children should be six years of age and older and have passed Level 1. Participants in this level may enter using single bubble belt or needing support from the instructor, but may not graduate until they can swim independently.

— *To progress to Level 3, students must pass all skills without the support of bubbles or the instructor.*

Learn to Swim Level 3—Stroke Development In level 3, the aim is to help participants achieve basic water competency in the pool. Participants learn front crawl and elementary backstroke, and multiple different kicks. Children should be six years of age and older and have passed Level 2. Participants in this level must be able to swim independently of any support.

Learn to Swim Level 4—Stroke Improvement In this level, participants start to develop confidence in the strokes and improve those strokes and other aquatic skills. Endurance begins to be stressed as the strokes previously learned will be swum for greater distances. Children should be six years of age and older and have passed Level 3.

Learn to Swim Level 5—Stroke Refinement Refining and perfecting technique of all swimming strokes are the objectives of level 5. Additionally, endurance is increased and flip turns are introduced. Children should be six years of age and older and have passed Level 4.

Learn to Swim Level 6—Swimming and Skill Proficiency This level refines strokes so participants can swim with more ease, efficiency, power, and smoothness and for greater distance. Registrants will have a choice of three swimming related courses: Personal Water Safety, Fitness Swimmer, and Fundamentals of Diving.

For specific skills in each level, see the lists in the lobby bulletin board near the pool.

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