



Swim Lessons

how do I get started...

1

REGISTER- Sign your child or yourself up for swim lessons at the Control Desk of the Lancaster Recreation Center.

2

ASSESSMENT DAY- Bring your child or yourself to the scheduled assessment day for the session in which you have registered. Certified American Red Cross Water Safety Instructors & certified Lifeguards will assist in evaluating each student to determine the appropriate level placement based on ability & skill level.

3

INTRODUCTION DAY- The first day of class will be an introduction to the level in which you will be taking part in. There are 3 different levels based on skill level: Beginner, Intermediate & Advanced. Some participants may need to take a level over again based on the instructors determination of skill level before moving onto the next level.

4

JUST KEEP SWIMMING- Once a student has successfully met the exit skills required of each level & received a certificate of completion, they are able to register for the next level of swim lessons & continue their advancement & development of swimming.



Choosing Your Child's Level

The Lancaster Aquatics Center will hold an Assessment Day the week prior to the scheduled swim lessons, for anyone interested in registering for swim lessons. The purpose of the Assessment Day is for the Water Safety Instructors and Lifeguards to get an idea of each participants ability and skill level. After a brief assessment, the Instructors will give their recommendation as to which level each participant should be placed in to best suit their ability and skill level.

Parent & tot

(6months-35months) Parent of Guardian is required to be in the water with child. Parents will receive information / techniques to help them orient their child to the water in a safe and comfortable manner and supervise water activities. Water adjustment is the goal. Swim skills covered include: holding positions, bubble blowing, supported front & back movement, underwater exploration and rolling over

Monday & Wednesday 5:30pm-6:15pm
\$30/Session

Level 1

Level 1 is a combination of the American Red Cross' levels 1 & 2. Participants may need to take level 1 more than once to complete all required skills. Level 1 encourages participants to be comfortable in the water and teaches skills that are fundamental to the swimming process such as supported floating on front and back, alternating arm and leg action and water safety skills.

Tuesday & Thursday 5:30pm-6:15pm
\$30/Session

Level 2

Level 2 is a combination of the American Red Cross' levels 3 & 4. Participants may need to take level 2 more than once to complete all required skills. Participants will learn to coordinate breathing within the stroke for increased comfort and ability to swim greater distances. Skills include elementary backstroke, treading water, front and back crawl and butterfly kick and body motion as well as water safety skills.

Tuesday & Thursday 5:30pm-6:15pm
\$30/Session

Level 3

Level 3 is a combination of the American Red Cross' levels 5 & 6. Participants may need to take level 3 more than once to complete all required skills. The skills covered in this level include: alternate breathing, underwater swimming, butterfly, open turns, diving safety, front flip & backstroke flip turns, life-guard readiness, personal water safety and becoming a fitness swimmer for life.

Tuesday & Thursday 6:30pm-7:15pm
\$30/Session

Adult Lessons

Its never to late to learn to swim! Adult lessons focus on water safety skills, basic swimming strokes and stroke refinement. Whether you are a beginner or just want to help refine and develop your stroke, adult lessons are a great place to start.

Monday & Wednesday 5:30pm-6:15pm
\$50/Session

