

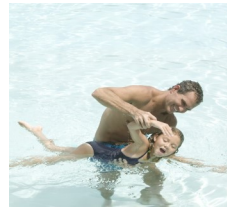
SWIM INSTRUCTION



Summer 2019



American Red Cross
Together, we can save a life



ABOUT OUR SWIM INSTRUCTION PROGRAM...

Based on the American Red Cross Swimming & Water Safety Program, our swim instruction classes promote learning in a fun & safe environment!

Session Dates & Class Times

Weekday Sessions
(Monday-Thursday: 8 Classes Total)

- Session 1: June 3-June 13
- Session 2: June 17-June 27
- Session 3: July 8-July 18
- Session 4: July 22-Aug 1
(limited classes-call for times for session 4)

Fridays may be used as make-up days in the case of inclement weather or other unforeseen circumstances.



Class Fees:
\$45.00
per session

Private Lessons:

Many children may benefit more from one-on-one instruction. Private lessons are an easy way to accommodate your child's individual needs. Private lessons will be scheduled between 8:00am and 11:00am Monday-Thursday from June 3-August 2.

Private Lesson Fees:
30 Minutes Session
\$30.00
(per child)

St. Simons Shrimps (Parent & child Aquatics Program: Ages 6 mos.-3yrs.)	
	10:00 a.m. -10:30 a.m.

St. Simons Sea Turtles (Preschool Aquatics Program: Ages 3 yrs. -5 yrs.)		
Level 1	Level 2	Level 3
8:00 & 9:00a.m.	9:30 a.m. -10:00a.m.	8:30a.m. -9:00a.m.

St. Simons Sharks (Learn-to-Swim Aquatics Program: Ages 6 yrs. & Up)				
Level 1	Level 2	Level 3	Level 4-5 (S1, 2, 3)	Jr. Lifeguard (S4 only)
9:00a.m. -9:30a.m.	8:30 a.m. -9:00 a.m.	8:00a.m. -8:30a.m.	10:00a.m. -10:40a.m.	9:00a.m. -11:00a.m.

Neptune Park Pool
Glynn County Recreation & Parks

SWIM LESSONS' LEARNING OBJECTIVES...

St. Simons Shrimps (Parent & Child Aquatics: Ages (6 mo.-2 years))

- Learn how to enter & exit the water in a safe manner.
- Feel comfortable in the water
- Explore submerging to the mouth, nose & eyes and in a rhythmic pattern.
- Explore buoyancy on the front & back position
- Change body position in the water with support.
- Glide on the front & back with assistance
- Perform combined stroke on front & back with assistance.



Green Sea Turtle (Level 1)

- Enter & exit water using ladder, steps & side.
- Blow bubbles through mouth & nose.
- Submerge mouth, nose, & eyes.
- Open eyes under water & retrieve submerged objects.
- Front & back glides & recover to a vertical position
- Back float & recover to a vertical position
- Roll from front to back & back to front
- Tread with arm & leg actions
- Alternating & simultaneous leg action on front & back
- Alternating & simultaneous arm actions on front & back

Loggerhead Sea Turtle (Level 2)

- Enter water by stepping in
- Exit water using ladder, steps or side
- Bobbing
- Open eyes under water & receive submerged objects
- Front & back floats and glides
- Recover from a front or back float or glide to a vertical position
- Roll from front to back & back to front
- Tread water using arm & leg actions
- Combined arm & leg actions on front & back
- Finning arm action on back

Leatherback Sea Turtle (Level 3)

- Enter water by jumping in
- Fully submerge & hold breath
- Bobbing
- Front, jellyfish & tuck float
- Recover from a front or back float or glide to a vertical position
- Back float and glide
- Change direction of travel while swimming on front & back
- Combined arm & leg actions on front & back
- Tread water using arm & leg actions
- Combined arm & leg actions on front & back.

Angel Sharks (Level 1)

- Enter & exit water using ladder, steps & side.
- Blow bubbles through mouth & nose.
- Submerge mouth, nose, & eyes.
- Open eyes under water & retrieve submerged objects.
- Front & back glides & floats
- Recover to vertical position
- Roll from front to back & back to front
- Tread water using arm & hand actions
- Alternating & simultaneous leg actions on front & back
- Alternate & simultaneous arm actions on front & back
- Combine arm & leg actions on front & back

Zebra Sharks (Level 2)

- Enter & exit water using ladder, steps & side.
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish & tuck float
- Front & back glides & floats
- Recover to vertical position
- Roll from front to back & back to front
- Change direction of travel while swimming on front or back
- Tread water using arm & leg actions on front & back
- Finning arm action

Leopard Sharks (Level 3)

- Enter water by jumping from the side
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front & back
- Tread water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke

Hammerhead Sharks (Level 4-5)

- Swim under water
- Feet first surface dive
- Front crawl & backstroke open turns
- Tread water using 2 different kicks
- Front & back crawl, elementary backstroke, breaststroke, side-stroke, & butterfly
- Flutter and dolphin kicks on back

Junior Lifeguarding

- Ages 11-14
- Swim skill pre-requisite
- Water rescues
- First Aid, CPR skills
- Victim recognition,
- Surveillance skills
- Using a backboard
- Shadow experience with Neptune guards