



big pool with the exception of part of our Youth Level 1 classes will be held in both the teaching and big pool.

**Youth Level 1**

**Beginners for children ages 6 & up**

Participants enrolled in this class will become familiar with the skills in the Pre-School Lesson Program. This level is designed for the older child to begin in an age appropriate lesson. This lesson will be taught in both the teaching and big pool.

**Youth Level 2**

**The next step after Pre-School Level 3**

Participants enrolled in this class must be able to front & backstroke for ¼ length of the large pool (coordinated arm & leg action). Activities will include refining coordinated arm & leg action with an introduction to rotary breathing (breathing to the side while swimming on front), swimming on side and treading water.

**Youth Level 3**

Participants in this class must be able to complete the front crawl with rotary breathing & back crawl for ½ the pool and tread water/float for 30 seconds and get back to safety. Activities will include introduction to several new strokes: the butterfly stroke (kick & body motion), the back crawl, elementary backstroke, the breast stroke arm movement, jumping into deep water and an introduction to diving.

**Youth Level 4**

Participants in this class must be able to complete the front & back crawl for 25 yards, breaststroke for ½ the pool and tread/float water for 1 minute. Activities include introduction to underwater swimming, standing dives, front & back turns and refinement of all strokes.

**Youth Level 5**

Participants in this class must be able to do the following activity (minimally) A) Dive into deep water, swim the front crawl for 50 yards and then swim backstroke for 50 yards. B) swim 25 yards breaststroke of butterfly. Activities will include refinement and endurance of all strokes, flip turns while swimming on front & back, shallow start dive and development of setting up a swimming fitness program.

**Youth Level 6**

Participants in this class must be able to do the following activity (minimally) A) Dive into deep water, swim the front crawl for 100 yards and then swim backstroke for 100 yards. B) Swim 25 yards breaststroke and butterfly and demonstrate feet first and head first surface dives. Participants must also demonstrate proper turns including flip turns. Activities will include swim race etiquette, such as proper starts, breakouts, turns, finishes, and use of the pace clock. Swimmers will also learn basic lifeguarding techniques and prerequisites.

**Youth Swim Lessons**

**ages 3 – 5 years old**

Our pre-school age aquatic classes are structured for the 3 – 5 year old with each lesson 30 minutes in length combining skill instruction with fun. To ensure a quality and safe lesson, there is a ratio of one instructor to a maximum of five students and the classes are taught in our teaching pool.

**Pre-School Level 1**

First independent swim lesson experience. Participants will learn to put their face in the water and become more comfortable in the water on their own. Activities include submerging mouth, nose & eyes, blowing bubbles, floating on front & back with help and exploring arm movements/swimming on front & back with help.

**Pre-School Level 2**

Participants enrolled in this class must be able to put their head in the water independently and have a high comfort level of being in the water and participating in some skills on their own. Activities will include learning to float on front & back and front & back glides with minimal assistance with & without kicking, beginning arm movement of front & backstroke and jumping into shallow water.

**Pre-School Level 3**

Participants enrolled in this class must be able to submerge their head, jump independently into shallow water. They will master independent front & back floats. Activities will include front & back floating/gliding without assistance, front & backstroke (arm & leg action coordinated) and introduction to the big pool.

**Youth Swim Lessons**

**ages 6 & up**

Our youth aquatic classes are structured for children 6 years old and up with each lesson 30 minutes in length combining skill instruction with fun. To ensure a quality and safe lesson, there is a ratio of one instructor to a maximum of 6-8 students depending on the level and the classes are taught in our



**American Red Cross**

**American Red Cross - Learn to Swim Program**

The JCC's aquatics programs are based on the principles and methods established by the American Red Cross. The American Red Cross program is progressive; each skill builds on the skills mastered in the previous level, therefore it is important and necessary to successfully complete each level in progression.

Essential swim and safety skills are taught at each level; skipping or omitting levels may result in your child missing vital skills that will help them advance to the next level. Swimmers are separated by age; Parent-tot for infants/toddlers 6 months – 36 months with their parents, Pre-School Levels for children ages 3 – 5 years old and Youth Levels for children ages 6 & up. This separation allows children to learn in a relaxed, non-competitive environment with children of their own age and ability.

Progress reports are handed out at the end of every session informing parents which skills were accomplished and which need continued progress as well as the recommendation of the next level to enroll in.

**Make-up/Refund Policy:** We realize that there are schedule changes and situations arise that may cause you or your child to miss a class, but to ensure a quality experience for both your child and the other children in classes, the **JCC does not allow make up lessons or provide refunds for missed classes.**