Which swimming lesson is right for my child?

Start Here
Is your child 3 years of age or older?

No →

Parent Tot
(child must be 6 months old)

Yes ↓

Can your child float on their front and back and move through the water by themselves?

No →

Level 1
Introduction to Water Skills

Yes ↓

Can your child swim 15 yards w/coordinated arm & leg action?

No →

Level 2
Fundamental Aquatic Skills

Yes ↓

Can your child swim front & back crawl and elementary backstroke and be comfortable in deep water?

No →

Level 3
Stroke Development

Yes ↓

Can your child swim the entire length of the pool with rhythmic breathing and timing?

No →

Level 4
Stroke Improvement

Yes ↓

Can your child swim 100 yards proficiently and is ready to learn competitive starts & turns?

No →

Level 5
Stroke Refinement

Yes →

Level 6
Advanced Swimming

Swimming Lessons at the Bill Heddles Recreation Center

The American Red Cross Swimming and Water Safety program teaches people how to be safe in, on, or around water and to teach individuals of different ages and abilities how to swim. In a logical progression, the program covers the knowledge and skills needed for aquatic development. As participants develop these skills, they will become safer and better swimmers. All of our courses are taught by American Red Cross certified Water Safety Instructors. We strive for a 1:5 participant ratio as much as possible. Classes with less than 3 participants may be cancelled. Children 3 and under, and those not toilet trained, must wear swim diaper or plastic pants.

Level	Class Focus	Pre-Reqs	Ages
Parent Tot: Achieving Comfort in Water	Familiarize children 6mo-3 yrs with water and teach swimming readiness skills. Provide safety information for parents and teach techniques parents can use to oreint their children to swimming	None. Parents attend class with their child. Please, one parent per child.	6 months-3 years
Level 1: Introduction to Water Skills	Familiarize children 3 years and up with water and help them begin their journey into swimming while reinforcing fun and safety. Front and back floats and movement in the water will be emphasized.	None.	3 years & up
Level 2: Fundamental Aquatic Skills	Building on the skills learned in Level 1, focus will be on Front crawl, glides, recoveries and introduction to deeper water.	Be able to enter and exit the water safely. Be able to submerge without hesitation as well as front and back float without assistance and/or completion of Level 1	3 years & up
Level 3: Stroke Development	Building on the skills learned in the first 2 levels, in this course students will learn rhythmic breathing and treading water. Breaststroke and Butterfly stroke will be introduced at this level.	Swim 15 yards with coordinated arm and leg action, float independently and/or completion of Level 2.	3 years & up
Level 4: Stroke Improvement	Continuing with skills previously learned, swimmers will begin to improve all of their strokes and will begin to learn additional strokes and turns on the wall.	Swim 15 yards front crawl with coordinated strokes and breathing. Students must be comfortable in deep water and/or completion of Level 3.	3 years & up
Level 5: Stroke Refinement	All strokes will be refined as well as turns and treading water.	Swim 25 yards front crawl with coordinated strokes and rhythmic breathing and/or completion of Level 4.	3 years & up
Level 6: Advanced Swimming	Pre-swim team; this course will focus on honing all swimming skills and increasing endurance. Competitive starts and turns will be included.	Demonstrate all strokes with proficiency for at least 25 yards and/or completion of Level 5.	3 years & up