

☐ TOT SWIM (PARENT AND CHILD AQUATICS):

This American Red Cross Program is designed for young children and their parents. The purpose of the course is to familiarize children **ages 2 – 4** with the water and teach swimming readiness skills. In addition, the course also teaches techniques parents can use to help orient their children to the water. Taught in a group setting with certified lifeguards, this program is a great way to help your child learn to be comfortable in the water and introduce them to basic swimming skills using demonstrations, games, and songs! **One adult must accompany each child in the water in proper swim wear.**

Date	Time	Days & Length	Fee	Code
6/30 - 7/10*	11:15 a.m. - 11:45 a.m.	M-Thurs 2 weeks	\$20.00	411
7/14 - 7/24	11:15 a.m. - 11:45 a.m.	M-Thurs 2 weeks	\$20.00	421
7/28 - 8/7	11:15 a.m. - 11:45 a.m.	M-Thurs 2 weeks	\$20.00	431
8/11 - 8/14	11:15 a.m. - 11:45 a.m.	M-Thurs 1 week	\$20.00	441

☐ LEARN TO SWIM *(Exclusive of Day Camp)*

Monday - Friday, \$20.00 per session for kids 5 - 13 years old

☐ **LEVEL 1 - Introduction to Water Skills:** For students who do not feel comfortable playing in shallow water and/or do not like to put their faces in the water. Skills learned: walking in chest deep water, supported front and back float, arm action with support, kicking on front and back using a kickboard, blowing bubbles, submerge face, safety skills.

☐ **LEVEL 2 - Fundamental Aquatic Skills:** For students who are able to demonstrate the skills from Level 1 and are ready to learn the basics of water locomotion. Skills learned: submerge entire head, retrieve objects, explore deep water with support, unsupported back and front glide, bobbing, jump in from edge, front and back flutter kick, begin learning to swim on both front and back using arms and legs simultaneously safety skills.

☐ **LEVEL 3 - Stroke Development:** For students who are able to demonstrate skills from Level 2 and ready to further develop the front and back crawl. Skills learned: Bobbing from deep to shallow water, treading water, kneeling/sitting dive, front crawl with rhythmic breathing, back crawl, changing directions, safety skills.

☐ **LEVEL 4 - Stroke Improvement:** For students who are able to demonstrate the skills from Level 3 to increase their endurance with those strokes and ready to learn other basic swim strokes. Skills learned: Improve rotary breathing, standing front dive, elementary backstroke, improve front and back crawl, breaststroke, sidestroke kick, open turns at wall, improve front and back crawl, breaststroke, elementary backstroke, butterfly stroke, scissors kick, survival, safety skills.

☐ **LEVEL 5 - Stroke Refinement:** For students who are able to demonstrate the skills from Level 4 and to improve coordination and endurance in the basic swim strokes. Skills learned: Bi-lateral breathing, shallow dive from the side, flip turns, improve previously learned strokes, learn side stroke, safety skills.

Date	Time	Fee	Code
6/30 - 7/11*	9:50 a.m. - 10:20 a.m.	\$20.00	313
6/30 - 7/11*	10:25 a.m. - 10:55 a.m.	\$20.00	314
7/14 - 7/25	9:50 a.m. - 10:20 a.m.	\$20.00	323
7/14 - 7/25	10:25 a.m. - 10:55 a.m.	\$20.00	324
7/28 - 8/8	9:50 a.m. - 10:20 a.m.	\$20.00	333
7/28 - 8/8	10:25 a.m. - 10:55 a.m.	\$20.00	334
8/11 - 8/15	9:25 a.m. - 10:10 a.m.	\$20.00	343
8/11 - 8/15	10:15 a.m. - 11:00 a.m.	\$20.00	344

PLEASE ONLY REGISTER FOR ONE SESSION OF LESSONS PER SUMMER

REGISTER AT GUILDERLANDREC.COM

NO SWIM LESSONS ON FRIDAY, 7/4/25