



# 2013 AMERICAN RED CROSS LEARN TO SWIM SCHEDULE



[www.mommygoesgreen.com](http://www.mommygoesgreen.com)



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[www.MetroParks.cc/splash\\_zone.php](http://www.MetroParks.cc/splash_zone.php)



# Session 3

## Member Sign-Ups:

May 27 (By phone or in person)

## Non-Member Sign-Ups:

June 2 at 9 am at Splash Zone

## Dates:

Monday–Thursday Mornings, June 10–June 20

## Fee:

\$55 Members, \$75 Non-Members

# Times

9:00 - 9:45am – Seahorse 1

9:00 - 9:45am – Seahorse 2

9:00 - 9:45am – Seahorse 3

10:25 - 10:55am – Sea Sparkle 1

10:25 - 10:55am – Sea Sparkle 2

10:25 - 10:55am – Sea Sparkle 3

9:50 - 10:20am – Porpoise 1

9:50 - 10:20am – Porpoise 2

9:50 - 10:20am – Porpoise 3

11:00 - 11:30am – Penguin  
and Parent 1

11:00 - 11:30am – Penguin  
and Parent 2

11:00 - 11:30am – Competitive  
Skills

# Session 4

## Member Sign-Ups:

June 10 (By phone or in person)

## Non-Member Sign-Ups:

June 16 at 9 am at Splash Zone

## Fee:

\$55 Members,  
\$75 Non-Members

## Dates:

Monday Evenings:  
June 24 – August 12

Wednesday Evenings:  
June 26 – August 14

Saturday Mornings:  
June 29 – August 17

# Times

## **Monday Evenings:**

5:00 – 5:30pm : Sea Sparkle 1  
5:00 – 5:30pm : Sea Sparkle 2  
5:35 – 6:05pm : Penguin and Parent 1  
5:35 – 6:05pm : Penguin and Parent 2  
6:10 – 6:55pm : Seahorse 1  
6:10 – 6:55pm : Adult Beginner  
Swim Lessons  
7:00 – 7:30pm : Porpoise 1  
7:00 – 7:30pm : Porpoise 2

## **Wednesday Evenings:**

5:00 – 5:30pm : Sea Sparkle 2  
5:00 – 5:30pm : Sea Sparkle 3  
5:35 – 6:05pm : Parent and Penguin 1  
5:35 – 6:05pm : Parent and Penguin 2  
6:10 – 6:55pm : Seahorse 2  
6:10 – 6:55pm : Adult Intermediate  
Swim Lessons  
7:00 – 7:30pm : Porpoise 2  
7:00 – 7:30pm : Porpoise 3

## **Saturday Evenings:**

9:00 – 9:45am : Seahorse 1  
9:00 – 9:45am : Seahorse 2  
9:00 – 9:45am : Seahorse 3  
9:50 – 10:20am : Porpoise 1  
9:50 – 10:20am : Porpoise 2  
9:50 – 10:20am : Porpoise 3  
10:25 – 10:55am : Sea Sparkle 1  
10:25 – 10:55am : Sea Sparkle 2  
10:25 – 10:55am : Sea Sparkle 3  
11:00 – 11:30am :  
Penguin and Parent 1  
11:00 – 11:30am :  
Penguin and Parent 2  
11:00 – 11:30am : Competitive Skills

# Session 5

## Member Sign-Ups:

June 24 (By phone or in person)

## Non-Member Sign-Ups:

June 30 at 9 am at Splash Zone

## Dates:

Monday–Thursday Mornings, July 8–July 18

## Fee:

\$55 Members, \$75 Non-Members

# Times

9:00 - 9:45am – Seahorse 1

9:00 - 9:45am – Seahorse 2

9:00 - 9:45am – Seahorse 3

10:25 - 10:55am – Sea Sparkle 1

10:25 - 10:55am – Sea Sparkle 2

10:25 - 10:55am – Sea Sparkle 3

9:50 - 10:20am – Porpoise 1

9:50 - 10:20am – Porpoise 2

9:50 - 10:20am – Porpoise 3

11:00 - 11:30am – Penguin  
and Parent 1

11:00 - 11:30am – Penguin  
and Parent 2

11:00 - 11:30am – Competitive  
Skills

# Session 6

## Member Sign-Ups:

July 22 (By phone or in person)

## Non-Member Sign-Ups:

July 28 at 9 am at Splash Zone

## Dates:

Monday–Thursday Mornings, August 5 – August 15

## Fee:

\$55 Members, \$75 Non-Members

# Times

9:00 - 9:45am – Seahorse 1

9:00 - 9:45am – Seahorse 2

9:00 - 9:45am – Seahorse 3

9:50 - 10:20am – Porpoise 1

9:50 - 10:20am – Porpoise 2

9:50 - 10:20am – Porpoise 3

10:25 - 10:55am – Sea Sparkle 1

10:25 - 10:55am – Sea Sparkle 2

10:25 - 10:55am – Sea Sparkle 3

11:00 - 11:30am – Penguin  
and Parent 1

11:00 - 11:30am – Penguin  
and Parent 2

11:00 - 11:30am – Competitive  
Skills

# Session 7

## Member Sign-Ups:

August 26 (*By phone or in person*)

## Non-Member Sign-Ups:

September 1 at  
9 am at Splash Zone

## Fee:

\$40 Members,  
\$55 Non-Members

## Dates:

Monday Evenings:  
September 9 – October 14

Wednesday Evenings:  
September 11 – October 16

Saturday Mornings:  
September 14 – October 19

# Times

## **Monday Evenings:**

5:00 – 5:30pm : Sea Sparkle 1  
5:00 – 5:30pm : Sea Sparkle 2  
5:35 – 6:05pm : Penguin and Parent 1  
5:35 – 6:05pm : Penguin and Parent 2  
6:10 – 6:55pm : Seahorse 1  
6:10 – 6:55pm : Adult Beginner  
Swim Lessons  
7:00 – 7:30pm : Porpoise 1  
7:00 – 7:30pm : Porpoise 2

## **Wednesday Evenings:**

5:00 – 5:30pm : Sea Sparkle 2  
5:00 – 5:30pm : Sea Sparkle 3  
5:35 – 6:05pm : Parent and Penguin 1  
5:35 – 6:05pm : Parent and Penguin 2  
6:10 – 6:55pm : Seahorse 2  
6:10 – 6:55pm : Adult Intermediate  
Swim Lessons

7:00 – 7:30pm : Porpoise 2

7:00 – 7:30pm : Porpoise 3

## **Saturday Evenings:**

9:00 – 9:45am : Seahorse 1

9:00 – 9:45am : Seahorse 2

9:00 – 9:45am : Seahorse 3

9:50 – 10:20am : Porpoise 1

9:50 – 10:20am : Porpoise 2

9:50 – 10:20am : Porpoise 3

10:25 – 10:55am : Sea Sparkle 1

10:25 – 10:55am : Sea Sparkle 2

10:25 – 10:55am : Sea Sparkle 3

11:00 – 11:30am :

Penguin and Parent 1

11:00 – 11:30am :

Penguin and Parent 2

11:00 – 11:30am : Competitive Skills

# Session 8

## Member Sign-Ups:

October 21 (*By phone or in person*)

## Non-Member Sign-Ups:

October 27 at  
9 am at Splash Zone

## Fee:

\$40 Members, \$55 Non-Members

## Dates:

Monday Evenings:  
November 4 – December 9

Wednesday Evenings:  
November 6 – December 11

Saturday Mornings:  
November 9 – December 14

# Times

## **Monday Evenings:**

5:00 – 5:30pm : Sea Sparkle 1  
5:00 – 5:30pm : Sea Sparkle 2  
5:35 – 6:05pm : Penguin and Parent 1  
5:35 – 6:05pm : Penguin and Parent 2  
6:10 – 6:55pm : Seahorse 1  
6:10 – 6:55pm : Adult Beginner  
Swim Lessons  
7:00 – 7:30pm : Porpoise 1  
7:00 – 7:30pm : Porpoise 2

## **Wednesday Evenings:**

5:00 – 5:30pm : Sea Sparkle 2  
5:00 – 5:30pm : Sea Sparkle 3  
5:35 – 6:05pm : Parent and Penguin 1  
5:35 – 6:05pm : Parent and Penguin 2  
6:10 – 6:55pm : Seahorse 2  
6:10 – 6:55pm : Adult Intermediate  
Swim Lessons  
7:00 – 7:30pm : Porpoise 2  
7:00 – 7:30pm : Porpoise 3

## **Saturday Evenings:**

9:00 – 9:45am : Seahorse 1  
9:00 – 9:45am : Seahorse 2  
9:00 – 9:45am : Seahorse 3  
9:50 – 10:20am : Porpoise 1  
9:50 – 10:20am : Porpoise 2  
9:50 – 10:20am : Porpoise 3  
10:25 – 10:55am : Sea Sparkle 1  
10:25 – 10:55am : Sea Sparkle 2  
10:25 – 10:55am : Sea Sparkle 3  
11:00 – 11:30am :  
Penguin and Parent 1  
11:00 – 11:30am :  
Penguin and Parent 2  
11:00 – 11:30am : Competitive Skills

# CLASS DESCRIPTIONS

## **Penguin and Parent 1 (Ages 6 months – 18 months)**

In this class swimmers are introduced to basic skills that provide a foundation which aides them in learning how to swim. Parents are educated on how to safely work with their child in the water.

## **Penguin and Parent 2 (Ages 18 months – 3 years)**

Primary goals for this class are gaining independence from the parent or caregiver, developing comfort in the water and the ability to submerge the mouth, nose, and eyes. Swimmers should remain in Penguin and Parent until age 3. Three year olds ready to learn without direct involvement from a parent should enroll in Sea Sparkle 1.

## **Sea Sparkle 1: Water Adjustment (Ages 3 – 5 years)**

This class focuses on adjusting to the aquatic environment; blowing bubbles; submerging the mouth, nose, and eyes; and floating with assistance.

## **Sea Sparkle 2: Water Exploration (Ages 3 – 5 years)**

Participants must have successfully completed Sea Sparkle 1 or equivalent. In this class, proper “bobbing” and breath control techniques are introduced, as well as learning how to float without assistance. Independent swimming is developed as Beginner Stroke and Finning are practiced.

## **Sea Sparkle 3: Basic Water Skills (Ages 3 – 5 years)**

Participants must have successfully completed Sea Sparkle 2 or equivalent. Swimmers learn to effectively coordinate proper breathing techniques with arm movements and kicking, on front and back. Swimmers should remain in the Sea Sparkle program until age 6 or completion of Kindergarten. Successful completion of the Sea Sparkle program will prepare swimmers for Porpoise 3.

## **Porpoise 1: Water Adjustment (Ages 6+)**

For swimmers with little to no prior aquatic experience, participants gain comfort in the water and learn basic aquatic awareness skills.

## **Porpoise 2: Water Exploration (Ages 6+)**

Participants must have successfully completed Porpoise 1, Sea Sparkle 2, or equivalent. In this class, proper “bobbing” and breathing control are strengthened. Independent floating and swimming on the front and back are further developed.

## **Porpoise 3: Basic Water Skills (Ages 6+)**

Participants must have successfully completed Porpoise 2, Sea Sparkle 3, or equivalent. Swimmers learn to effectively coordinate proper breathing techniques with arm movements and kicking, on the front and back.

## **Seahorse 1: Stroke Introduction (Ages 6+)**

Participants must have successfully completed Porpoise 3 or equivalent. The focus of this class is to prepare swimmers for basic stroke development. Proper rhythmic breathing, Elementary Backstroke kick, and Butterfly kick are introduced. Flutter kicking is strengthened and the mechanics of Front Crawl and Backstroke are developed.

## **Seahorse 2: Stroke Readiness (Ages 6+)**

Participants must have successfully completed Seahorse 1 or equivalent. The purpose of this class is to refine Front Crawl and Backstroke skills and to develop endurance. Breaststroke kick and standing dives are introduced at this level.

## **Seahorse 3: Stroke Development (Ages 6+)**

Participants must have completed Seahorse 2 or equivalent. The purpose of this class is to develop the four basic strokes, Front Crawl, Backstroke, Butterfly, and Breaststroke, along with Side-stroke and Elementary Backstroke. Swimmers will also practice treading water and long shallow dives.

## **Competitive Skills (Ages 8+)**

Participants must have completed Seahorse 3 or equivalent, or obtained management approval. This class is designed for the proficient swimmer to continue to refine strokes, build endurance, and improve other competitive skills. This class is designed to be repeated several times, as stroke refinement and endurance are a progression!