

American Red Cross Levels

Parent & Child (PC) L1 6-36 months

Exposes the young child to the aquatic environment with the security of a parent or guardian. The child will experience supported movement and other basic skills in the water. The guardian will learn how to handle young children in the water.

Preschool Aquatics (PSA) L1 3 - 5 yrs. old

In Preschool Aquatics Level 1, your child is introduced to basic skills. These skills lay the foundation for future skill development of swimming strokes. Certain milestones are necessary for successful completion of Level 1, including—

- Entering the water independently using ladder, steps or side and travel at least five yards.
- Submerging mouth and blowing bubbles for at least three seconds.
- Exiting the water safely.
- Gliding on front for at least two body lengths.
- Rolling to back and floating for three seconds.
- Recovering to a vertical position.

Preschool Aquatics (PSA) L2 3 - 5 yrs. old

Some of the milestones in Level 2 include—

- Gliding on front at least two body lengths.
- Rolling to back, floating on back for five seconds then recovering to a vertical position.
- Gliding on back for at least two body lengths.
- Rolling to front, floating for five seconds then recovering to a vertical position.
- Swimming using combined arm and leg actions on front for three body lengths.
- Rolling to back, floating for five seconds, rolling to front then continuing to swim on front for three body lengths.

Preschool Aquatics (PSA) L3 3 - 5 yrs. old

Some of the milestones in Level 3 include—

- Stepping from the side into chest-deep water.
- Moving into a front float for five seconds, rolling to back, floating for five seconds then recovering to a vertical position.
- Pushing off and swimming using combined arm and leg actions on front for five body lengths.
- Rolling to back, floating for 15 seconds, rolling to front then continuing to swim for five body lengths.

Learn to Swim (LTS) Program 6-12 yrs. old

Level 1: Intro to Water Skills

Level 1 builds on the ability to combine movements and your child is introduced to basic skills as the foundation for future skills. Certain milestones are necessary for successful completion of Level 1, including—

- Entering the water independently using ladder, steps or side.
- Traveling at least five yards, bobbing three time then safely exiting the water.
- Gliding on front supported at least two body lengths.
- Rolling to back float for three seconds with support.
- Recovering to a vertical position with support.

Level 2: Fundamental Aquatic Skills

Orients participants to the aquatic environment and teaches them elementary skills which can be built upon as they progress through the LTS Program. Some of the milestones that are necessary for successful completion of Level 2 include—

- Stepping from the side into chest-deep water.
- Moving into a front float for five seconds, rolling to back, floating for five seconds then recovering to a vertical position.
- Moving into a back float for five seconds, rolling to front then recovering to a vertical position.
- Pushing off and swimming using combined arm and leg actions on front for five body lengths, rolling to back, floating for 15 seconds, rolling to the front then continue swimming for five body lengths.

Level 3: Stroke Development

Builds upon the fundamental aquatic locomotion, safety, and rescue skills presented in Level 2. Some of the milestones in Level 3— Stroke Development include—

- Jumping into deep water from the side.
- Swimming the front crawl for 15 yards.
- Maintaining position by treading or floating for 30 seconds.
- Swimming the elementary backstroke for 15 yards.

Level 4: Stroke Improvement

Builds upon the aquatic locomotion, safety, and rescue skills presented in Level 3 by providing participants with additional guided practice. Some of the milestones in Level 4— Stroke Improvement include—

- Swimming the front crawl for 25 yards.
- Swimming the elementary backstroke for 25 yards.
- Swimming the back crawl for 15 yards.
- Swimming the breaststroke for 15 yards.
- Open turns on the front and back.

Level 5: Stroke Refinement

Develops confidence and competency in the aquatic locomotion, safety and rescue skills presented in the Learn-to-Swim Program. Coordinates and refines the key strokes presented in the Learn-to-Swim Program and introduces the butterfly, open turns, the feet-first surface dive, and the springboard dive. Some of the milestones in Level 5— Stroke Refinement include—

- Performing a shallow-angle dive into deep water.
- Swimming the front crawl for 50 yards.
- Swimming the elementary backstroke for 50 yards.
- Swimming the breaststroke for 25 yards.
- Swimming the back crawl for 25 yards.

Level 6: Skill Proficiency

Refines strokes presented in previous levels, enables the swimmer to perform them with greater ease, efficiency, power and smoothness over greater distances. Some of the milestones in Level 6— Fitness Swimmer include—

- Swimming 500 yards continuously using any three strokes of choice, swimming at least 50 yards of each stroke.
- Demonstrating turns while swimming.
- Demonstrating etiquette in fitness swimming.
- Demonstrating various training techniques.
- Calculating target heart rate.
- Demonstrating the principles of setting up a fitness program.
- Performing the Cooper 12-minute swim test, and comparing results with the preassessment results.

Register at the K-Bay Base Pool

Tues - Fri 1100 - 1600

Closed Mondays

Registration form on back.

www.mccshawaii.com

**For more information, call
Kaneohe Bay Base Pool (Bldg 981) at 254-7655
or email: HemundKI@usmc-mccs.org**



FALL Swim Program

Kaneohe Bay - Base Pool

FALL 2010 • SWIM SCHEDULE

Registration starts July 24 Fall Only @ 0800 Hilltop Pool

After-School Lessons			Times	Aug 31 - Sep 10	Sep 14 - 24	Oct 5 - 15	Times	Oct 2 - Oct 30 – Sat Only
Aug 3 - 13			1300	Parent & Child	LTS Level 4	Parent & Child	1000	LTS Level 4
1300	LTS	Level 1	1430	LTS Level 1	LTS Level 3	LTS Level 2	1030	PSA Level 1
1430	PSA	Level 2	1500	PSA Level 2	LTS Level 5-6	LTS Level 3	1000	LTS Level 4
1500	LTS	Level 3	1600	PSA Level 3	LTS Level 2	LTS Level 1	1130	PSA Level 3
1600	LTS	Level 4						
Aug 17 - 27								
1300	Parent & Child							
1430	LTS	Level 1						
1500	PSA	Level 3						
1600	LTS	Level 5-6						

Sat cost \$28.75 Fall

\$45 per session, 8 lessons per session. One day of the session may or may not be dedicated to safety. Fall sessions are conducted at the K-Bay Base Pool.

REGISTRATION APPLICATION

STUDENT'S NAME _____ AGE _____
Last First Middle Initial

SPONSOR'S NAME _____ Rank _____

UNIT _____ DUTY PHONE _____

HOME ADDRESS _____ HOME PHONE _____

CITY _____ STATE _____ ZIP _____

EMAIL _____

SWIM LEVEL _____

TIME _____

SESSION _____

PLEASE CHECK ONE

- Swim Lessons (\$45* for 8 half-hour lessons)
- Private Swim Lessons (\$85*)
- Semi-Private Swim Lessons (\$55*)
Must register two students
- Spring Board Diving (\$50* for 4 lessons)
- Other

* Prices subject to change

ACCIDENT RELEASE AND MEDICAL AUTHORIZATION

In the event I cannot be located following an accident or emergency, I give permission to medical personnel at the Medical Clinic, Kaneohe Bay, the Medical Clinic Pearl Harbor, Hawaii and/or Tripler Army Medical Center to secure and/or administer such treatment including injections, anesthesia or surgery to my child, named above, as is necessary in his or her professional opinion.

In consideration of my child's participation in the Swimming Lesson Program, I discharge and hold harmless the United States Marine Corps and all of its officers and personnel from any and all liability of any claims, demands, damages, actions or suits of any nature arising from any injury, including death, that may result to my child. I hereby authorize my child, named above, to participate in this program.

Signature _____ Date _____

**All Sessions are held
Tuesday to Friday
for two weeks
Except for Sat only
classes in October**

**Class level & time
subject to change**

**Private & semi-private
lessons are available**

**Active Duty/Adult
Lessons Available**