

Learn to Swim

The West Geauga Rec. Council (WGRC) has been a member of the American Red Cross. All WGRC classes follow the Red Cross requirements and are taught by American Red Cross certified instructors. Our Pool Director holds certifications in the following Red Cross areas: Lifeguard, CPR/PR, First Aide, and WSI, (certified by Red Cross to teach swim lessons and lifeguard training). All other guards hold a minimum of Lifeguard, CPR/PR and WSI aide certifications. Water Safety is taught at all levels.

Classes will only be cancelled due to lightning, thunder, heavy rain, or unforeseen emergencies. In the event of a class cancellation, water safety will be taught for one class time. Refunds are not issued for cancelled classes.

Registrants will only be contacted if their request cannot be honored.

ONCE A RESERVATION IS MADE, NO REFUNDS WILL BE GIVEN.

<u>SESSION NO.</u>	<u>BEGINS</u>	<u>ENDS</u>
Session I	June 8	June 19
Session II	June 22	July 3
Session III.....	July 6.....	July 17
Session IV.....	July 20.....	July 31
Session V.....	Aug 3.....	Aug 14

*No classes on July 4th

PLEASE CHOOSE FROM THE FOLLOWING TIMES:

Level 1	2:50pm	3:35pm
Level 2	2:50pm	3:35pm
Level 3	2:50pm	3:35pm
Level 4.....	4:20pm
Level 5	4:20pm
Level 6	4:20pm

Learn to Swim lessons are 45 minutes long

Classes are held Monday through Friday in two-week sessions for 45 minutes each. Reservations are only accepted for 8 children per level, with a maximum of 10 and a minimum of 2 children per level.

COST: \$60.00 for 1st child; \$60.00 for 2nd child; \$55.00 for 3rd child; and \$50.00 for 4 or more children. No refunds

REGISTER / MAIL: WGRC – Learn to Swim
P.O. Box 393; Chesterland, OH 44026

REGISTER / PERSON: At the WG Middle School
Tuesday May 4th from 7:00pm-9:00pm
Saturday May 16th from 9:00am-12:00pm

ADDITIONAL INFORMATION:

Visit our website at www.wgrcsite.com

Learn to Swim Levels Available and Descriptions

Level 1 / Introduction to Water Skills: This class introduces the child to the water and helps them to float with support, moving comfortably through the water, safe practices around the pool, independent entry/exit from pool without the use of a ladder, wetting face and blowing bubbles for 5+ seconds. Face submersion and independent exit are required to pass to Level 2.

Level 2 / Fundamental Aquatic Skills: Students learn front and back float without support. Keeping face submerged while kicking as well as alternating arm movements on front and back laying the foundation for future strokes. Front crawl and performance of flutter kick on front and back is required to pass to Level 3.

Level 3 / Stroke Development: For the child ready to work in 4 –5 feet of water. Coordinate front and back crawl, introduce elements of the butterfly and treading water. Headfirst diving is required to move to Level 4.

Level 4 / Stroke Improvement: Students will develop confidence in strokes, increase endurance in front and back crawl, build upon butterfly stroke and introduce backstroke, breaststroke, sidestroke and basics of turning at the wall.

Level 5 / Stroke Refinement: Students further refines their performance of all strokes (front crawl, back crawl, butterfly, breaststroke, backstroke and sidestroke) Flip turns on front and back introduced.

Level 6 / Swimming & Skills Proficiency: Students will refine strokes so they can swim with more ease, efficiency, power and smoothness over greater distances. Will be introduced to personal water safety, the fundamentals of diving, Lifeguard Readiness and Fitness Swimmer.

Note: The American Red Cross revamped Class structure in 2004. Students will be evaluated at the first class of each session and place in their correct level. Lifeguards monitor these levels from outside the pool but will correct strokes individually from within the pool.

Parent Note: Parents are not allowed in the fenced in pool area- seating is available outside the fence. Children must be fully potty trained to participate.

