



American Red Cross

Pettis County Chapter
112 West 4th Street
Sedalia, MO 65301
(660) 827-0618

2010 AMERICAN RED CROSS SUMMER SWIM LESSONS AT LIBERTY POOL

It's time to enroll in the American Red Cross Learn to Swim Program!

Classes are available for all ages, tots through adults.

Please come to Convention Hall on:

Tuesday, June 8 – 9:00 a.m. to 6:00 p.m.

Wednesday, June 9 – 9:00 a.m. to 6:00 p.m.

Please study our brochure for proper placement of your child. After determining the skill level of your child, select your calendar time from one of three sessions. The same classes are offered at the same time in all three sessions:

SESSION 1 – June 21 – July 1

SESSION 2 – July 12 – July 22

SESSION 3 – August 2 – August 12

MORNINGS—Monday thru Thursday a.m.

LEVEL IV	Stroke Improvement-----	9:00-9:50 a.m. 10:00-10:50 a.m.
LEVEL V	Stroke Refinement-----	9:00-9:50 a.m. 10:00-10:50 a.m.
LEVEL VI	Lifeguard Readiness-----	9:00-9:50 a.m. 10:00-10:50 a.m.
LEVEL I	Introduction to Water Skills-----	9:00-9:50 a.m. 10:00-10:50 a.m. 11:00-11:50 a.m.
LEVEL II	Fundamental Aquatic Skill-----	9:00-9:50 a.m. 10:00-10:50 a.m. 11:00-11:50 a.m.
LEVEL III	Stroke Development-----	9:00-9:50 a.m. 10:00-10:50 a.m. 11:00-11:50 a.m.
PRESCHOOL CHILD AQUATICS 4 & 5 only	-----	9:00-9:50 a.m.
(Skill tested at pool for Preschool Levels I & II)		10:00-10:50 a.m. 11:00-11:50 a.m.

EVENINGS—Monday, Tuesday & Thursday p.m.

Adults Level II & III combined	6:30-7:30 p.m.
Parent & Child Aquatics Infants-6mo. to 1 yr.	6:30-7:30 p.m.
Toddlers-2yr. to 3 yr.	6:30-7:30 p.m.
Preschool-4yr. to 5 yr.	6:30-7:30 p.m.
LEVEL I Introduction to Water Skills	6:30-7:30 p.m.
LEVEL II Fundamental Aquatic Skills	6:30-7:30 p.m.
LEVEL III Stroke Development	6:30-7:30 p.m.
LEVEL IV Stroke Development	6:30- 7:30 p.m.

LIFEGUARD TRAINING

Must be age 15. Pre-course swimming test required.
Call Office for further information.

PLEASE NOTE: Level I must be age 6 or older or have completed Kindergarten. All morning and evening classes will have a \$25.00 Registration Fee. Additional required books are extra.

For all evening Infant, Toddler, and Preschool Classes, the parent is required to get in the pool with the child, whereas the morning 4 & 5 Preschool Classes will not allow the parent to enter the pool. This applies only to 4 & 5 yr. old classes.

Please note that morning classes run Monday thru Thursday and the evening classes run Monday, Tuesday and Thursday.

All classes are at Liberty Pool and please listen to the radio KDRO or KSIS AM/FM for cancellation due to weather.

LEVELS begin at age 6 or out of Kindergarten.

SWIMMERS SHOULD HAVE THESE PREREQUISITE SKILLS GOING INTO THE CLASS

LEVEL I – INTRODUCTION TO WATER SKILLS: NO swimming skills; little or no experience in the water; fearful of the water.

LEVEL II -- FUNDAMENTAL AQUATIC SKILLS: NOT afraid of the water; put head under water; get toys off bottom; be able to float, glide, kick with support, mostly in chest deep water.

LEVEL III – STROKE DEVELOPMENT: COMFORTABLE in DEEP WATER. ALREADY ABLE to swim on front and back 15 yards using a combination of arm and leg movements.

LEVEL IV – STROKE IMPROVEMENT: Already able to swim front crawl 15 yards with rhythmic breathing. Also able to swim back crawl and butterfly kick 15 yards.

LEVEL V – STROKE REFINEMENT: Already able to dive, swim under water at least 10 yards and tread water 1 minute. Already able to swim front and back crawl 25 yards, breast, butterfly, sidestroke and elementary back 15 yards.

LEVEL VI – LIFEGUARD READINESS: Must have completed Level V.