

CP&R “Learn To Swim” Program

The Cottonwood “Learn to Swim” program provides youth ages 3 to 15 with four levels of swim instruction. Levels are mandated by the American Red Cross and are taught by trained and certified Water Safety Instructors. All four levels are offered during four separate sessions throughout the summer. Classes are 30 minutes long. Sessions are two weeks, Monday through Friday.

2015 SESSION SCHEDULE

Session #1	Monday, June 1 - Friday, June 12
Session #2	Monday, June 15 - Friday, June 26
Session #3	Monday, June 29 - Friday, July 10
Session #4	Monday, July 13 - Friday, July 24

Level I is offered at the following times at the indoor pool:

10:00 - 10:30 am; 10:45 - 11:15am or 11:30 - 12pm

Levels II - IV are offered at the following times in the outdoor pool: 8:30 am, 9:15 am, 10 am and 4:10 pm

REGISTERING FOR A “LEARN TO SWIM” CLASS

Registrations are accepted at the Cottonwood Recreation Center Monday, April 13, 2015 through the Thursday prior to each session unless session is already full. Please complete a separate registration form for each child and for each specific session. Class descriptions and forms are located on the back of this flyer. Extra forms are available at the office. Fees are due at time of registration. Phone-in registrations not accepted but mail-ins and online registrations are. Register online through the city website. **Parents determine which level to place their child in by reading the descriptions below and on the following page.** Student level may be adjusted if deemed necessary by the instructors.

Cost: \$35 per child per session.

Ask about discounts for additional children within the same family when you register.

Cash, Checks, MasterCard, VISA, Discover and debit cards accepted.

**For more information, please
phone or e-mail
Cottonwood Parks & Recreation
at 639-3200 or**

PARENT AND TOT CLASS

Ages 6 months - 3 years

Saturdays at 9:30 am

June 13, July 11 and August 8

Cost is \$7.50 per parent/child couple per class date

Held in the Outdoor pool, you are in the water with your baby. You'll learn to enjoy the water and have a safe aquatics experience. Goals include changing body position, some arm and leg action, and breath control. Pre-registration, including fee, is required at the CRC front desk.

LEVEL ONE - "MINNOWS"

This water exploration class helps students feel comfortable in the water and learn to enjoy the water safely. To pass course students need to fully submerge face in water for 3 seconds; experience buoyancy in chest deep water maintaining upright position for 10 bounces; assisted float on front; assisted float on back; bubble blowing; kick with assisted float on front and back; introduction of alternating arm action; learn basic water safety rules; wear a life jacket on deck and enter shallow water. Students must be at least 3 years old and mature enough to attend classes without parental supervision (student works with instructor and other class members only).

LEVEL TWO - "GUPPIES"

This primary skills class teaches students to float without support and to recover to vertical position. Students must have a Level One certificate OR be able to demonstrate all completion requirements in Level One. To pass this class, students must demonstrate holding breath and fully submerge head for three seconds; retrieve objects in chest deep water; explore deep water with support; unsupported prone float or glide and recovery for five seconds; unsupported supine float or glide and recovery for five seconds; leveling off from a vertical position; rhythmic breathing 10 times; step from the side of pool into chest deep water and recovery; get out at the side of pool; flutter kick on front and back; finning on back; back crawl arm action; combined stroke front and back; using kick and arm stroke; turning over front to back and back to front; use of life jacket and other safety skills.

LEVEL THREE - "GOLDFISH"

Students build on skills learned in Level Two. To pass this course students must demonstrate retrieving objects from bottom in chest deep water with open eyes; bob, submerging head completely 15 times in chest deep water; jump into deep water from the side of pool, dive from the side of pool from kneeling and compact positions; prone and supine glide with push off; swim front crawl, breathing as necessary to front or side, 10 yards; swim back crawl 10 yards; elementary back stroke kick 10 yards; reverse directions while swimming on front or back; learn safe diving rules; tread water; jump into deep water with life jacket; H.E.L.P. and huddle position for one minute; and learn how to open airway for rescue breathing. Students should feel comfortable in chest deep or deeper water.

LEVEL FOUR - "SEALS"

This level develops confidence in strokes learned thus far and strives to improve other aquatic skills. Students increase their endurance by swimming familiar strokes (elementary backstroke, front crawl and back crawl) for greater distances. To pass this class, students will be able to dive from the side of the pool from stride and standing positions. Students must also be able to do elementary backstroke 10 yards; sculling on back five yards; front crawl 25 yards with rotary breathing; back crawl 25 yards; breaststroke kick 10 yards and sidestroke scissor kick 10 yards; introduction to turning at wall; tread water for two minutes; learn rescue breathing; and become familiar with CPR.

"Learn to Swim" Registration

Previous participant or CRC member? _____

Child's Name _____

Age as of 6/1/15 _____ DOB _____

Level #/Name _____

Session # _____ Time _____

Special Needs Accommodations? _____

Parent's Name _____

Address _____

City _____ Zip _____

Email _____

Phone No. (home) _____ Other _____

Parent/Guardian Signature

Date

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Previous participant or CRC member? _____

Child's Name _____

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Date