

About the Swimming Lessons

American Red Cross PRESCHOOL Program Instruction

Sioux Falls Parks and Recreation will follow the Red Cross Preschool Swim Program for 3- to 5-year-olds. The Preschool Program has two sections, called "toddler" for ages 3-4 and "preschool" for ages 4-5.

Toddler (ages 3 and 4)

Objective: As a result of participating in this course, the toddler will:

- Be exposed to water adjustment activities.
- Practice elementary forms of propulsive aquatic movements.
- Observe and practice safe and effective use of flotation devices.
- Experience appropriate water safety skills.

Water Adjustment: getting wet, water entry, carry toddler, using ladder, rolling from side of pool

Water Entry

Bubble Blowing

Prone Glide: readiness, passing, drafting, drafting and breathing, glide

Underwater Exploration: readiness, bubble blowing, scooping, opening eyes

Back Float: adjustment to water in back position, back float readiness

Back Glide

Arm Movement on Back

Arm Movement, Prone Position

Combined Skills, Prone Position

Rolling Over: rolling back to front, rolling front to back

Personal Flotation device (PFD)

Changing Positions: vertical to prone position, vertical to back float position

Kickup

Parent Safety

Water Exit

Preschool (ages 4 and 5)

Objective: As a result of participation in this program, the preschooler will:

- Experience independent propulsive swimming movements.
- Experience advanced starter adjustment activities.
- Be exposed to appropriate water safety skills.
- Practice combined skills for basic swimming forms.

Water Adjustment: getting wet, getting in water, exploring pool

Water Entry: front kick

Breath Control: rhythmic bobbing, rotary breathing

Prone Glide

Prone Float

Underwater Exploration

Back Float and Recovery

Combined Stroke on Back

Beginner Stroke, Prone Position: arm movement, arms and rhythmic breathing, arms and rotary breathing, arms, breathing, and kick

Rolling Over: rolling front to back, rolling back to front, unassisted roll

Changing Direction

Bobbing to Safety

Kickup

Treading Water

Personal Flotation Device (PFD)

Combined Safety Skills: jumping in and rolling over, jumping in and changing direction

Forms of Rescue

Rescue Breathing

American Red Cross LEARN-TO-SWIM Program Instruction

Is anyone you know feeling a little wet behind the ears? Enroll them in an American Red Cross Learn-to-Swim course. This program is for ages 5 to 14 years old. All seven courses are designed to help students learn to swim, or improve their swimming skills with new strokes, stroke refinements, diving safety tips and techniques, and more.

Level 1, five years of age or older—Child must be comfortable standing in three feet of water without holding on to the edge of the pool!

Level 3, recommended for seven years of age or older—Child must be comfortable standing in three feet of water without holding on to the edge of the pool

Courses are divided into six levels:

The American Red Cross offers a comprehensive, developmentally appropriate swimming and water safety program that teaches you, your child, or other family members how to swim skillfully and safely, and think and act safely in, on, and around the water. The prerequisite for each level is the successful demonstration of skills from the preceding level, except for Level 1 (which has no prerequisites).

Learn-to-Swim

Based on a logical, six-level progression that helps swimmers of all ages and varying abilities develop their swimming and water safety skills. It is designed to give participants a positive learning experience.

LEVEL 1: INTRODUCTION TO WATER SKILLS

Helps participants feel comfortable in the water.

- Entering independently using either the ladder, steps or side, traveling at least 5 yards, bobbing, then safely exiting the water
- Gliding on front, rolling to a back float, and recovering to a vertical position
- Blowing bubbles through mouth and nose
- Opening eyes under water to retrieve submerged objects
- Front and back gliding
- Recovering from a front and back glide to a vertical position
- Rolling from front to back and back to front
- Treading using arm and hand actions
- Alternating and using simultaneous leg and arm actions on front and back
- Combining arm and leg actions on front and back
- Staying safe around aquatic environments
- Recognizing the lifeguards
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Gives participants success with fundamental skills.

- Stepping from side into chest-deep water, pushing off the bottom, moving into a treading or floating position, swimming on front and/or back, then exiting the water using ladder, steps or side
- Moving into a back float, rolling to front, then recovering to a vertical position
- Pushing off and swimming using combined arm and leg actions on front, rolling to back, floating, rolling to the front, and then continuing swimming
- Entering water by stepping or jumping from the side
- Fully submerging and holding breath
- Bobbing
- Opening eyes under water to retrieve submerged objects
- Tuck, Jellyfish, Back, and Front floating
- Rotary breathing
- Front and back gliding and recovering to a vertical position

- Rolling from front to back and back to front
- Changing direction of travel while swimming on front or back
- Treading using arm and leg actions
- Using combined arm and leg actions on front and back
- Finning arm action on back
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun
- Look before you leap
- Think so you don't sink
- Reach or throw, don't go

LEVEL 3: STROKE DEVELOPMENT

Builds on the skills in Level 2 through additional guided practice in deeper waters.

- Jumping into deep water from the side, recovering to the surface, maintaining position by treading or floating, rotating one full turn, and then turning as necessary to orient to the exit point, leveling off, swimming front crawl and/or elementary backstroke, and then exiting the water
- Pushing off in a streamlined position, then swimming front crawl, changing position and direction as necessary, swimming elementary backstroke, and then exiting the water
- Entering headfirst from the side in a sitting and kneeling position
- Bobbing while moving toward safety
- Rotary breathing
- Survival floating on front, back floating, and treading water
- Pushing off in a streamlined position on front then begin flutter kicking
- Pushing off in a streamlined position on front then begin dolphin kicking
- Scissors, flutter, breaststroke, and dolphin kicking
- Reach or throw, don't go
- Think twice before going near cold water or ice
- Look before you leap

LEVEL 4: STROKE IMPROVEMENT

Develops confidence in the skills learned and improves other aquatic skills.

- Performing a feet-first entry into deep water, swimming front crawl, changing direction and position as necessary and swimming elementary backstroke
- Swimming breaststroke, changing direction and position as necessary and swimming back crawl
- Submerging and swimming underwater without hyperventilation, returning to the surface, then exiting the water
- Entering headfirst from the side in a compact position and stride position
- Feet-first surface diving, submerging completely
- Survival swimming

- Treading water using 2 different kicks (modified scissors, modified breaststroke or rotary)
- Butterfly and sidestroke swimming
- Pushing off in a streamlined position on back and begin flutter kicking
- Pushing off in a streamlined position on back and begin dolphin kicking
- Open turning on the front and back
- Reach or throw, don't go
- Recreational water illnesses
- Think so you don't sink
- Look before you leap

LEVEL 5: STROKE REFINEMENT

Provides further coordination and refinement of strokes.

- Performing a shallow-angle dive into deep water, swimming front crawl, changing direction and position of travel as necessary and swimming elementary backstroke
- Swimming breaststroke, changing direction and position of travel as necessary and swimming back crawl
- Shallow-angle diving, gliding, and beginning any front stroke
- Tuck and pike surface diving, submerging completely
- Front flip and Backstroke flip turning while swimming
- Treading water
- Swimming the butterfly, sidestroke, and skulling
- How to call for help and the importance of knowing first aid and CPR
- Recreational water illnesses
- Reach or throw, don't go
- Look before you leap
- Think so you don't sink
- Think twice before going near cold water or ice
- Wave, tide or ride, follow the guide

LEVEL 6: SWIMMING AND SKILL PROFICIENCY

Refines the strokes so participants swim them with ease, efficiency, power, and smoothness over greater distances.

- Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke
- Swimming the front crawl, elementary backstroke, back crawl, breaststroke, sidestroke, and butterfly
- Front crawl and backstroke open turning while swimming
- Front and backstroke flip turning while swimming
- Sidestroke, butterfly, and breaststroke turning while swimming
- Surface diving to retrieve object from the bottom
- Note: Additional exit assessments are required, depending on the course option selected



Lessons Schedule

Swimming Lessons

Toddler and preschool lessons last 30 minutes. Level I lessons are for ages five or older; children must be comfortable standing in three feet of water, not holding onto the edge.

Classes

Classes will be offered at Laurel Oak, Terrace, Kuehn, and Frank Olson Pools—Monday through Friday—for two weeks.

Laurel Oak

Toddler/Preschool-----\$15

30-minute lessons (1-week class)

A. Week 1 -or- B. Week 2

Level I–Level III ----- \$20

(2-week class)

Monday through Friday, 40-minute lessons

Terrace

Toddler/Preschool-----\$15

30-minute lessons (1-week class)

A. Week 1 -or- B. Week 2

Level I–Level VI ----- \$20

(2-week class)

Monday through Friday, 40-minute lessons

Kuehn and Frank Olson

Level I-VI----- \$20

(2-week class)

Monday through Friday, 40-minute lessons

Register online at:
register.siouxfallspark.org.

Registration for Lessons

All new users must create a new account prior to registering. Once you have an approved account, you will just need to log in. Accounts will be approved Monday through Friday during normal business hours. You may browse our site as a guest but must have an account to register or reserve.

For your convenience swimming lesson registration will be available online at: register.siouxfallspark.org

Public Computers Available for Online Registration

In order to register online, you must have an approved account.

- Use computers at any Siouland Libraries location during their regular operational hours.

Session 1: June 18–29

Online registration opens Tuesday, June 5, beginning at 6 p.m.

- Registration closes Tuesday, June 12, at 6 p.m.

Session 2: July 23–August 3

Online registration opens Tuesday, July 10, beginning at 6 p.m.

- Registration closes Tuesday, July 17, at 6 p.m.

Location: Midco® Aquatic Center
1601 South Western Avenue

You also have the opportunity to sign up on the first day of each session of swim lessons at the respective pool (see chart) if openings for lessons are still available.

Refund Policy:

Sioux Falls Parks and Recreation reserves the right to use discretion when issuing refunds. Refunds may be issued before lessons begin, but will not be issued once lessons have begun.

Makeup Policy:

Swimming lesson participants are not allowed to make up a missed swimming lesson on a different date or time than what they are registered for. This is due to the maximum student to instructor ratios, and the large quantity of registered participants.

Weather Policy

Swimming Lessons are not canceled due to weather. If there is rain, cold, or thunder, skills and learning may be practiced on land.

For more information, call **367-POOL**, visit
www.siouxfalls.org/swimming-lessons.

2018

Outdoor Swimming Lessons

at Sioux Falls City Pools

Registration Opens
June 5–12, at 6 p.m.

Session 1: June 18–29

Registration Opens
July 10–17, at 6 p.m.

Session 2: July 23–August 3

CITY OF SIOUX FALLS
PARKS & RECREATION

www.siouxfalls.org/swimming-lessons