AMERICAN RED CROSS LEARN TO SWIM PROGRAM

The American Red Cross swimming program consists of six comprehensive course levels that teach you and your child how to swim skillfully and safely. Coastal Carolina University offers five of the levels in the Learn-to-Swim program as well as introducing two NEW classes for Preschool ages 3-5. The prerequisite for each level is the successful demonstration of the skills from the preceding level.

Level 1: Introduction to Water Skills students must be at least 6 years of age.

- **PRESCHOOL AQUATICS Level 1**
  Preschool Aquatics Level 1 is for ages 3-5 years old. It's purpose is to help students feel comfortable in the water, learn to enter and exit the water safely, open their eyes underwater, swim on front using arm and leg action with support and more.

- **PRESCHOOL AQUATICS Level 2**
  Preschool Aquatics Level 2 is for ages 4-5 years old. Its purpose is to build upon skills learned in Level 1 and gain greater independence in the skills and develop more comfort in and around the water.

- **Level 1: INTRODUCTION TO WATER SKILLS** *(students must be at least 6 years of age)*
  The purpose of Level 1 is to help students feel comfortable in the water. Participants learn to enter and exit the water safely, open their eyes underwater, swim on front using leg action and more.

- **Level 2: FUNDAMENTAL AQUATIC SKILLS**
  The purpose of Level 2 is to give students success with fundamental skills. Students learn to roll over from front-to-back, swim on front and back with combined stroke as well as float on front and back.

- **Level 3: STROKE DEVELOPMENT**
  The purpose of Level 3 is to build on the skills in Level 2 through additional guided practice as well as jumping into water, bobbing with head fully submerged, using rotary breathing, and the front and back crawl strokes.

- **Level 4: STROKE IMPROVEMENT**
  The purpose of Level 4 is to help swimmers develop confidence in the skills they have learned. Students will learn front and back crawl strokes, elementary back stroke, breaststroke and butterfly.

- **Level 5: STROKE REFINEMENT**
  The purpose of Level 5 is to provide further coordination and refinement of strokes. Students will learn the standing dive, sidestroke, front flip turn, surface dives and more.
COASTAL CAROLINA UNIVERSITY AQUATIC PROGRAM

AMERICAN RED CROSS SWIMMING LESSONS

ATTENTION
All students must pass prerequisites or have achieved an appropriate level before entering lessons. Children must be at least three years of age to enter lessons. If you are unsure of your child's level, skill testing is available by calling 843-349-2815. Parents with children age five and under are encouraged to remain out of your child's view during the lesson to ensure that your child is focused and willing to participate.

REGISTRATION
All payments must be received at the time of registration. Register at the front desk in the Campus Recreation Center or by mail. Make checks payable to Coastal Carolina University. No telephone registration accepted. *Class cancellations may occur if fewer than five students register. *All lessons are limited to 10 students.

REGISTER EARLY!
For information, call 843-349-2802.

DAY SESSIONS: Monday – Thursday

• Session 1 – Day: June 14-24
  Preschool Level 1: (ages 3-5) 8:45 to 9:25 a.m.
  Preschool Level 2: (ages 4-5) 9:30 to 10:10 a.m.
  Level 1: (ages 6 and up) 10:15 to 10:55 a.m.
  Level 2: 11 to 11:40 a.m.
  Level 3: 11 to 11:40 a.m.

• Session 2 – Day: July 12-22
  Preschool Level 2: (ages 4-5) 8:50 to 9:25 a.m.
  Level 2: 9:30 to 10:10 a.m.
  Level 3: 10:15 to 10:55 a.m.
  Level 4: 11 to 11:40 a.m.
  Level 5: 11 to 11:40 a.m.
  (No Preschool Level 1 offered during this session so that Levels 4 & 5 can be offered.)

EVENING SESSIONS: Monday - Thursday

• Session 1 – Evening: June 7-17
  Preschool Level 1: (ages 3-5) 4 to 4:30 p.m.
  Preschool Level 2: (ages 4-5) 4:40 to 5:10 p.m.
  Level 1: (ages 6 and up) 5:15 to 5:50 p.m.
  Level 2: 6 to 6:40 p.m.
  Level 3: 6:45 to 7:25 p.m.
  Level 4: 7:30 to 8:10 p.m.
  Level 5: 7:30 to 8:10 p.m.

• Session 2 – Evening: June 21-July 1
  Preschool Level 1: (ages 3-5) 4 to 4:30 p.m.
  Preschool Level 2: (ages 4-5) 4:40 to 5:10 p.m.
  Level 1: (ages 6 and up) 5:15 to 5:50 p.m.
  Level 2: 6 to 6:40 p.m.
  Level 3: 6:45 to 7:25 p.m.
  Level 4: 7:30 to 8:10 p.m.
  Level 5: 7:30 to 8:10 p.m.

• Session 3 – Evening: July 12-22
  Preschool Level 1: (ages 3-5) 4 to 4:30 p.m.
  Preschool Level 2: (ages 4-5) 4:40 to 5:10 p.m.
  Level 1: (ages 6 and up) 5:15 to 5:50 p.m.
  Level 2: 6 to 6:40 p.m.
  Level 3: 6:45 to 7:25 p.m.
  Level 4: 7:30 to 8:10 p.m.
  Level 5: 7:30 to 8:10 p.m.

AQUATIC PROGRAM REGISTRATION FORM

Please indicate which session and level you wish to register for by checking the appropriate box.

DAY SESSIONS: Monday – Thursday

Downloaded from https://www.coastal.edu/Recreation/Forms/Aquatics/Aquatics_Registration_Form.pdf

EVENING SESSIONS: Monday - Thursday

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PROGRAM FEES:
$45 – Community Fee
$35 – Coastal Carolina University Faculty/Staff Fee

FAMILY DISCOUNT
$5 off each additional child registered from the same family.

TOTAL PAYMENT ENCLOSED: $ ______________ Make check payable to: Coastal Carolina University

If registering by mail, send registration form and payment to: Department of Campus Recreation, Coastal Carolina University, P.O. Box 261954, Conway SC 29528-6054

EVENING SESSIONS: Monday - Thursday

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