

## RED CROSS SWIMMING LEVELS

### Level 1: Water Exploration

The objective of Level One is to help students feel comfortable in the water and to enjoy the water safely. Students will learn elementary water skills which they can build on as they progress through the various levels.

### Level II: Primary Skills

Level Two is to give students success with fundamental skills and learn to float without support. Learn basic self-help rescue skills.

### Level III: Stroke Readiness

Students learn to coordinate front and back crawl. Introduce elementary backstroke and the fundamentals of treading water.

### Level IV: Stroke Development

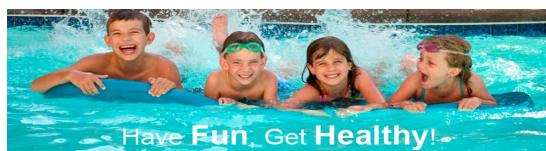
Level Four develops confidence in strokes learned thus far and to improve other aquatic skills. Introduce breaststroke, sidestroke and wall turns.

### Level V: Stroke Refinement

Coordination and refinement of key strokes introduce the butterfly, open turns, feet-first, surface dives. Increase swim distances.

### Level VI: Skill Proficiency

The objective of level Six is to polish strokes so students swim with more ease, efficiency, power and smoothness over greater distances.



## MADERA SOUTH HIGH SCHOOL

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## AMERICAN RED CROSS



## MADERA SOUTH HIGH SCHOOL

### Swim Lessons

Summer Recreation Program

All Ages

All Levels of Swimming

Swim and Water Polo camps



**Register for  
Swim Lessons**

# SCHEDULE



**Weekends  
Open to the Public**

**SAT URDAY - SUNDAY  
1:00 P.M. - 6:00 P.M.**

**\$ 2.00 PER PERSON\***

**Open Memorial Day Weekend**

**\*Need parent signature  
on all entrance forms**

SESSION I	June 8 - 19
SESSION II	June 18 - 26
SESSION III	June 29 - July 3
SESSION IV*	July 6 - 17
SESSION V*	July 20 - 31
SESSION VI	August 3 - 14

**\* Swim/Water Polo camps**

**AM Session 10:00 a.m. - 12:00 p.m.  
PM Session 3:00 p.m. - 7:00 p.m.**

**Fee : \$60.00**

**Private Lessons by Appointment: \$22.00 per lesson**

