

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

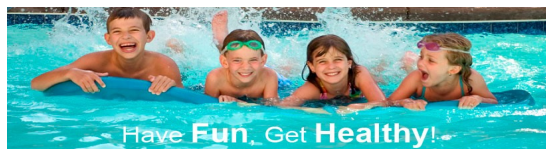
Level Four develops confidence in strokes learned thus far and to improve other aquatic skills. Introduce breaststroke, sidestroke and wall turns.

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

705 WEST PECAN AVENUE
MADERA, CA 93637
Contact Randy Durbin at
randydurbin@maderausd.org



AMERICAN RED CROSS



MADERA SOUTH HIGH SCHOOL

Swim Lessons

Summer Recreation Program

All Ages

All Levels of Swimming

Swim and Water Polo camps





**American
Red Cross**

SCHEDULE

**Register for
Swim Lessons**

Weekends

Open to the Public

SATURDAY - SUNDAY

1:00 P.M. - 6:00 P.M.

Holidays

\$ 3.00 PER PERSON*

Open Memorial Day Weekend

***Need parent signature**

SESSION I

June 11 - 22

SESSION II

June 25 - July 6

SESSION III

July 9 - July 20

SESSION IV*

July 23- August 3

SESSION V*

August 6-10

SESSION VI

Weekends thru Septem-

*** Swim/Water Polo camps**

AM Session 10:00 a.m.. - 12:00 p.m.

PM Session 2:00 p.m.. - 7:00 p.m.

Fee : \$67.00

Private Lessons by Appointment: \$25.00 per lesson

