

**2021 Red Cross Swim Lessons
Prairie Knolls Country Club**

Prairie Knolls Country Club will be offering American Red Cross group swim lessons for the summer of 2021. These swim lessons will be in accordance with American Red Cross guidelines and be taught by a trained instructor.

Class Dates:

Two sessions of each level will be offered, one in the morning and one in the evening.

June 14-25, Monday-Friday EVENINGS (times dependent on number of participants)

July 5-16, Monday-Friday MORNINGS (times dependent on number of participants)

Cost:

Swim lessons are \$30 per participant for one 2-week long session

Registration:

Registration for both sessions of swim lessons will open on May 24. Payment must be submitted 1 week prior to the session of swim lessons to secure your spot (June 7 for evening session and June 28 for morning session). Payment must be submitted to the pro shop during 12pm and 7pm, Monday through Sunday.

Please see our website for the link to sign-up. Sign-up is based on first come/first serve, but a waiting list will be started once the class is full. Please use the guide below to determine the level in which your child should be registered for. If you have any questions on levels, please text Mallory at 641-990-3887 for assistance.

Learn-To-Swim Level 1 - Introduction to Water Skills (minimum 10 participants)

Level 1 introduces basic water skills that participants will continue to build on as they progress through the Learn-To-Swim levels. Participants will become comfortable in the water and learn safe swimming habits.

Prerequisites: Participants must be able to enter the water independently and be ready to receive instruction in a group lesson setting.

Learn-To-Swim Level 2 - Fundamental Aquatic Skills (minimum 10 participants)

The objective of level 2 is to teach participants fundamental swimming skills. Participants learn to glide and float without support and recover to a vertical position. Participants will also develop the ability to use simultaneous and alternating arm actions on their front and back, preparing them for future strokes.

Prerequisites: Participants must successfully complete Level 1 or be able to demonstrate Level 1 skills, such as floating/gliding comfortably with assistance, fully submerge under water, and be comfortable moving in the water on their own.

Learn-To-Swim Level 3 - Stroke Development (minimum 7 participants)

In level 3, participants will improve their proficiency with the skills learned in level 2. Participants will be introduced to the survival float, front crawl and elementary backstroke. They will also learn headfirst entries into deep water.

Prerequisites: Participants must successfully complete Level 2 or be able to demonstrate the Level 1 skills, such as floating on back independently for 15 seconds, swimming on their front or back for 5 body lengths, and being able to roll from a front float to back float and vice versa, all independently.

Learn-To-Swim Level 4 - Stroke Improvement (minimum 5 participants)

Level 4 allows participants to improve their strokes and increase their endurance. Participants will add arm actions to kicks that were learned in level 3 to perform the side stroke and breaststroke. Participants will also begin to learn the back crawl and butterfly.

Prerequisites: Participants must successfully complete Level 3 or be able to demonstrate the Level 3 skills, such as jumping into deep water, treading or floating for 1 minute, and swimming front crawl or elementary backstroke for 25 yards.

Learn-To-Swim Level 5 - Stroke Refinement (minimum 3 participants)

The objective of Level 5 is for participants to refine their skills for all 6 strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke) and also increase their endurance while swimming these strokes. Participants will also learn flip turns from their front and back crawls.

Prerequisites: Participants must successfully complete Level 4 or be able to demonstrate the Level 4 skills, such as swimming front crawl 25 yards, elementary backstroke 25 yards, breaststroke 15 yards, backstroke 15 yards, and swim fully submerged 3-5 yards.

Learn-To-Swim Level 6 - Swimming and Skills Proficiency (minimum 3 participants)

Participants in level 6 will refine their strokes to allow them to swim with greater efficiency over longer distances. Level 6 also offers different options to meet the needs and interests of the participants. These include personal water safety, fundamentals of diving, and fitness swimming. All three of these options focus on preparing participants for more advanced courses such as the Water Safety Instructor course or other aquatics activities. This level may be repeated and participants can focus on different goals each time.

Prerequisites: Participants must successfully complete level 5 or be able to demonstrate the Level 5 skills, such as performing a shallow angle dive, swimming front crawl 50 yards, elementary backstroke 50 yards, breaststroke 25 yards, and backcrawl 25 yards.