



**American
Red Cross**

SWIMMING LESSONS



**BOYS & GIRLS CLUB
OF GREATER WESTFIELD**

LET'S GET READY FOR SUMMER!!

MONDAY, APRIL 28TH – TUESDAY, MAY 20TH (4 WEEKS)

MONDAY'S 5:30–6:15PM: LEVEL 1; 6 SPOTS ONLY

MONDAY'S 6:30–7:15PM: LEVEL 2; 6 SPOTS ONLY

TUESDAY'S 5:30–6:15PM: LEVEL 1; 6 SPOTS ONLY

TUESDAY'S 6:30–7:15PM: LEVEL 3&4; 6 SPOTS ONLY

SEE REVERSE FOR DESCRIPTION OF LEVELS!!

COST: \$60 OR \$120 FOR 2X A WEEK FOR LEVEL 1

**REGISTER IN PERSON OR OVER
THE PHONE TODAY!!
413-562-2301**

**CONTACT AQUATICS DIRECTOR,
KAYLA FOR QUESTIONS
KGURNEY@BGCWESTFIELD.ORG**

DESCRIPTION OF LEVELS:

LEVEL 1: Introduction to Water Skills

child needs assistance

Helps participants feel comfortable in the water. • Enter and exit water using ladder, steps or side • Blow bubbles through mouth and nose • Bobbing • Open eyes under water and retrieve submerged objects • Front and back glides and floats • Recover to vertical position • Roll from front to back and back to front • Tread water using arm and hand actions • Alternating and simultaneous leg actions on front and back • Alternating and simultaneous arm actions on front and back • Combined arm and leg actions on front and back

LEVEL 2: Fundamental Aquatic Skills

child does not need assistance

Gives participants success with fundamental skills. • Enter and exit water by stepping or jumping from the side • Fully submerge and hold breath • Bobbing • Open eyes under water and retrieve submerged objects • Front, jellyfish and tuck floats • Front and back glides and floats • Recover to vertical position • Roll from front to back and back to front • Change direction of travel while swimming on front or back • Tread water using arm and leg actions • Combined arm and leg actions on front and back • Finning arm action

LEVEL 3&4: Stroke Development and Improvement

child does not need assistance

Builds on the skills in Level 2 through additional guided practice in deeper water. • Enter water by jumping from the side • Headfirst entries from the side in sitting and kneeling positions • Bobbing while moving toward safety • Rotary breathing • Survival float • Back float • Change from vertical to horizontal position on front and back • Tread water • Flutter, scissor, dolphin and breaststroke kicks on front • Front crawl and elementary backstroke • Develops confidence in the skills learned and improves other aquatic skills. • Headfirst entries from the side in compact and stride positions • Swim under water • Feetfirst surface dive • Survival swimming • Front crawl and backstroke open turns • Tread water using 2 different kicks • Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly • Flutter and dolphin kicks on back