

## Saturday Lessons

40 Minute classes, once a week for 6 weeks

Session	Dates	Registration Begins
1S	Sept 10— Oct 15	August 19
2S	Jan 7—Feb 11	November 3
3S	Feb 25—April 1	February 11
4S *	April 8—May 20	March 25

\*this session is currently scheduled as 7 weeks long. one class during this session will be cancelled due to a swim meet. More information to come.

<b>4:00-4:40 pm</b>	<b>4:45-5:25 pm</b>	<b>5:30-6:10 pm</b>
Preschool 2 Level 1	Preschool 3 Level 2	Parent/Child Aquatics Preschool 1

## Monday, Wednesday, & Friday Lessons

40 Minute classes, three times a week for 2 weeks

Session	Dates	Registration Begins
1M	Sept 12—23	August 19
2M	Oct 3 - 14	September 19
3M	Oct 24—Nov 4	October 10
4M	Dec 5—16	October 31
5M	Jan 2—13	December 12

<b>9:00-9:40am</b>	<b>9:45-10:25am</b>
Preschool 1	Preschool 2

## Need more one on one time? Private Swim Lessons

The Aquatic Center also offers private and semi-private lessons.

Private: \$18<sup>00</sup> per half hour      Semi-Private: \$24<sup>00</sup> per half hour

Scheduled various times throughout the day.

Please contact the Aquatic Center at (208)612-8519 for more information

## Ready to move beyond Lessons?



The WDAC's Surfer's Swim Team is for all ages. This team will provide swimmers with the opportunity to develop swimming skills, sportsmanship, improve physical fitness and have fun in a low competitive environment. Swimmers will practice the four strokes with focus on technique. Turns and starts will also be practiced. For more information, contact the Aquatic Center at (208)612-8519.

Participants **must** complete Learn-to-swim Level 3 or be able to swim both front crawl and backstroke at least 25 yards, & across the deep end with good form (all practices will be swam in the 25 yd lanes).



149 Seventh Street Idaho Falls, ID 83401 (208) 612-8519

**Registration** takes place at the Wes Deist Aquatic Center, online at [www.activityreg.com](http://www.activityreg.com) or over the phone with a valid credit card. Spots cannot be held without payment. *Classes may be cancelled due to lack of registrations.*

Average pool **temperature** is 85° F.

**Full Size:** \$40 (six students per Instructor)  
**Half Size:** \$74 (three students per Instructor)

## Tuesday & Thursday Lessons

30 Minute classes, 2 times a week for 4 weeks

Session	Dates	Registration Begins
1T	Sept 13—October 6	August 19
2T	Oct 11—Nov 3	September 27
3T	Jan 10—Feb 2	November 3
4T	Feb 7—March 2	January 24

<b>4:20-4:50 pm</b>	<b>4:55-5:20 pm</b>	<b>5:30-6:00 pm</b>
Preschool 1 <i>half size</i> Preschool 2 Level 1 <i>half size</i> Level 2	Preschool 1 Preschool 2 <i>half size</i> Level 2 <i>half size</i> Level 3	Parent/Child Aquatics Preschool 3 Level 1 Level 3 <i>half size</i>



## Holiday Swim Lessons

45 Minute classes, Tuesday—Friday for one week

**Full Size Class:** \$30 (six students per Instructor)

**Half Size Class:** \$56 (three students per Instructor)

Session	Dates	Registration Begin
1H	December 20—23	August 19
2H	December 27—30	August 19

<b>9:00-9:45 am</b>	<b>9:50-10:35 am</b>	<b>10:40—11:25 pm</b>
Preschool 1 <i>half size</i> Preschool 2 Level 1 <i>half size</i> Level 2	Preschool 1 Preschool 2 <i>half size</i> Level 2 <i>half size</i> Level 3	Parent/Child Aquatics Preschool 3 Level 1 Level 3 <i>half size</i>

# Class Descriptions

## Parent and Child Aquatics 1 & 2 (age: 6-36 months)

Parent and Child Aquatics introduces basic skills to parents and children. Parents learn how to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills. Children receive an introduction to basic skills that lay a foundation for learning to swim. In addition, parents are introduced to several water safety topics.

## Preschool 1 - Introduction to Water Skills (age: 3-5 years)

Preschool Aquatics Level 1 is designed to orient young preschoolers to the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water.

### No Prerequisites

## Preschool 2 - Fundamentals of Aquatic Skills (age: 3-5 years)

Preschool Aquatics Level 2 builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills.

### Prerequisites (Skills may be performed with assistance)

Blow Bubbles

Glide on front for 2 body lengths then roll to back and float for 3 seconds

## Preschool 3 - Stroke Development (age: 3-5 years)

Preschool Aquatics Level 3 builds on the skills learned in Levels 1 and 2. Participants are able to perform basic aquatic skills with greater proficiency, for longer distances and times. In addition, previously acquired water safety knowledge and skills are reinforced and expanded upon.

### Prerequisites (Skills may be performed with assistance)

Glide on front for 2 body lengths then roll to back and float for 15 seconds

Glide on back for 3 body lengths

Swim using arms and legs for 3 body lengths, roll to back, float for 15 seconds, roll to front and continue to swim for 3 body lengths

## American Red Cross

*Get the most out of  
Red Cross swim lessons  
with the Swim App.*

- Track progress and earn badges
- Learn more about water safety

**PLUS** the WHALE Tales section for kids entertains while it educates



To Download: VISIT [redcross.org/apps](http://redcross.org/apps), TEXT 'SWIM' to 90999, or SEARCH 'Red Cross Swim' in the Apple App Store™, Google Play™ or Amazon Marketplace.



## Level 1 – Introduction to Water Skills (age: 6-12 years)

Learn-to-Swim Level 1 is designed to orient participants to the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water.

### No Prerequisites

## Level 2 – Fundamentals of Aquatic Skills (age: 6-12 years)

Learn-to-Swim Level 2 builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills. A child who completes Preschool Aquatics Levels 1 or 2 and is 6 years old may enroll in Learn-to-Swim Level 2.

### Prerequisites

Submerge completely, exhale through nose underwater, surface, inhale and repeat continually 5 times

Glide on front for 2 body lengths, roll to back and float for 5 seconds (Can be performed with assistance)

## Level 3 – Stroke Development (age: 6-12 years)

Learn-to-Swim Level 3 builds on the skills learned in Levels 1 and 2. Participants learn to swim the front crawl and elementary backstroke at rudimentary proficiency levels, and are introduced to the scissors and dolphin kicks. Participants learn the survival float and increase the time duration for treading water. Participants also learn the rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside. On successful completion of Level 3, participants have achieved basic water competency in a pool environment. A child who completes Preschool Aquatics Level 3 may enroll in Learn-to-Swim Level 3.

### Prerequisites

Swim 5 body lengths, roll to back, float for 15 seconds, roll to front and continue to swim for 5 body lengths

Back float for 15 seconds

## Level 4 – Stroke Improvement (age: 6-12 years)

Learn-to-Swim Level 4 seeks to improve participants' proficiency in performing the swimming strokes that were introduced in Level 3. Participants perform these strokes with increased proficiency and are able to swim them for greater distances. In addition, participants learn the arm actions that accompany the scissors kick and breaststroke kick in order to begin performing the sidestroke and breaststroke at rudimentary proficiency levels. Participants also learn the back crawl and butterfly at rudimentary proficiency levels, in addition to the basics of performing a simple open turn at a wall

### Prerequisites

Jump into deep water

Glide in a streamlined position and swim 25 yards

## Level 5 – Stroke Refinement (age: 6-12 years)

Learn-to-Swim Level 5 focuses on helping participants refine their performance of all six swimming strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke). Participants perform these strokes with increased proficiency and are able to swim them for greater distances. Participants also learn to perform flip turns on the front and back.

### Prerequisites

Swim 50 yards

Swim 3-5 body lengths underwater

## All Level 6 Classes (age: 6-12 years)

Level 6 focuses on refining strokes and turns and building endurance. Three options (Personal Water Safety, Fundamentals of Diving and Fitness Swimmer) provide participants with the opportunity to learn information and skills for specific aquatic activities.

### Prerequisites

Perform a shallow-angle dive and swim 100 yards