SCHEDULE 2020

Session I: January 11th – February 15th  Make up date: February 22nd
Session II: February 29th – April 4th  Make up date: April 11th
Session III: April 18th – May 23rd  Make up date: May 30th
Session IV: June 6th – July 18th /No Class July 4  Make up date: July 25th
Session V: August 1st – September 5th  Make up date: September 12th
Session VI: September 19th – October 24th  Make up date: October 31st
Session VII: November 7th – Dec 12th  Make up date: December 19th

AMERICAN RED CROSS LEARN-TO-SWIM COURSES

The League is proud to offer six comprehensive course levels by the American Red Cross that teaches swimming skillfully and safely. The prerequisite for each level is successful demonstration of the skills taught in the preceding level. Beginners start at Level 1, which has no prerequisite.

*All Lessons are held on Saturday*

<table>
<thead>
<tr>
<th>Level 1: Introduction to Water Skills</th>
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<tbody>
<tr>
<td>1A (ages 5-7): 12:30-1:00</td>
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<tr>
<td>1B (ages 8-10): 1:00-1:30</td>
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<tr>
<td>1C (ages 11-17): 1:30-2:00</td>
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<table>
<thead>
<tr>
<th>Level 2: Fundamental Aquatic Skills</th>
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<tbody>
<tr>
<td>2A: 1:00-1:50</td>
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<td>2B 2:00-2:50</td>
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<table>
<thead>
<tr>
<th>Level 3: Stroke Development</th>
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<tbody>
<tr>
<td>2:00-2:50 p.m.</td>
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<thead>
<tr>
<th>Level 4/5: Stroke Improvement</th>
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<tbody>
<tr>
<td>2:00-2:50 p.m.</td>
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<tr>
<th>Adults: All Levels</th>
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<tbody>
<tr>
<td>2:00-2:50 p.m.</td>
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*Class prerequisites on back of flyer.*

PRICING

<table>
<thead>
<tr>
<th>Pricing</th>
<th>Parent-Child &amp; Level 1</th>
<th>Level 2-5 &amp; Adult</th>
<th>Adaptive Swim</th>
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</thead>
<tbody>
<tr>
<td>Non-Member</td>
<td>$55</td>
<td>$75</td>
<td>$50</td>
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<tr>
<td>Regular Member</td>
<td>$50</td>
<td>$70</td>
<td>$45</td>
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<tr>
<td>Premier Member</td>
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<td>$65</td>
<td>$40</td>
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PARENT/CHILD, ADAPTIVE & PRIVATE SWIM LESSONS

Parent/Child Swim Instruction  Saturday 12:00-12:30 p.m.
For parents who want children to get an early introduction to the water. For ages 6 months - 5 years.

Adaptive Swim  Saturday 12:00 –12:50 p.m.
For children and adults with special needs. This program introduces participants to the water and water adjustment activities. Participants will be required to have a parent or an aide in the water to assist with activities.

Private Swim Lessons  By Appointment Only
One-on-one private lessons are great for those who need more attention or not ready for a group class. Lessons are scheduled around your hours and consist of four 30-minutes sessions. By appointment only. Inquire for availability and pricing (410) 323-0500 x 314.
Level 1: Introduction to Water Skills
Help students feel comfortable in the water.
- Basic water safety rules
- Using a life jacket
- Submerging mouth, nose and eyes
- Opening eyes under water and picking up submerged object
- Swimming on front and back using arm and leg actions
- Recognizing a swimmer in distress and getting help
- Exhaling underwater
- Floating on front and back

Level 2: Fundamental Aquatic Skills
Create success with fundamental skills.
- Moving in the water while wearing a life jacket
- Submerging entire head
- Front and back glide
- Treading water using arm and leg motions
- Recognizing a swimmer in distress and getting help
- Bobbing in the water
- Jellyfish float
- Swimming using combined stroke on front and back

Level 3: Stroke Development
Build on the skills in level two by providing additional guided practice.
- Reaching assist
- Submerging and retrieving an object
- Front and back glide
- Front and back crawl
- Kneeling or standing dive (shallow dive progression)
- Rotary breathing in horizontal position
- Survival float, back float
- Butterfly-kick and body motion

Level 4: Stroke Improvement
Develop confidence in strokes and improve other aquatic skills.
- Safe diving rules
- Dive from stride position or shallow dive
- Survival float, back float
- Elementary backstroke, breaststroke, butterfly
- Throwing assist
- Feet-first surface dive
- Front and back crawl

Level 5: Stroke Refinement
Provide further coordination and refinement of strokes.
- Survival swimming
- Standing dive (diving progression)
- Open turns on front and back
- Front and back crawl
- Performing rescue breathing
- Tuck surface dive and pike surface dive
- Front flip turn and backstroke flip turn
- Elementary backstroke, butterfly, breaststroke, sidestroke