

The levels listed below are based on the Red Cross guidelines for swim lessons. Each level is described as accurately as possible, but some adjustment may be necessary in order to place your child in the proper level. Any physical limitations should be noted on your registration form. **All youth will be tested for swimming ability during the first class.**

****Please note level of instruction on registration form and underestimate your child's abilities.**

PRE-SCHOOL AQUATICS: Gives children ages 4-6 a positive, developmentally appropriate aquatic learning experience that emphasizes water safety and survival concepts. Students will need to have a comfort level in the water. Once successful, students will advance to Level 2. **This class is a compliment to the learn-to-swim program and does not replace the Tiny Tots program.**

LEVEL 2 - PRIMARY SKILLS: Provides the non-swimmer basic water safety and introductory swimming skills. Must be comfortable going under water and will continue to support the non-swimmer.

LEVEL 3 - STROKE READINESS: Ability to swim underwater. Introduces crawl stroke, back crawl and deep water. Skills to improve stamina and basic coordination. Pre-requisite: Holder of a Red Cross Level 2 card or equivalent ability.

LEVEL 4 - STROKE DEVELOPMENT: Develops confidence in the strokes previously learned and to improve other aquatic skills. Pre-requisite: Holder of a Red Cross Level 3 card.

LEVEL 5 - STROKE REFINEMENT: Emphasize increased coordination and distance of previous swim strokes. Pre-requisite: Holder of a Red Cross Level 4 card.

LEVEL 6 - SKILL PROFICIENCY: Develop maximum efficiency and endurance for strokes so students swim with ease, efficiency, and power over greater distances. Pre-requisite: Holder of a Red Cross Level 5 card.

NOTE: *Pre-registration required. Parents may observe first and last class ONLY. Classes generally include 25-30 minutes of instruction and 10-15 minutes of free time. Lifeguards will verify the ability of each participant during the first class. A water safety class will be part of the session. ***Classes may be added, split, or combined based on registrations.***

All swim programs are held at Merton Williams pool. Please be advised that the pool temperature varies between 80-82 degrees throughout the year.

Hilton Parma Recreation is not responsible for lost or stolen items. Participants in any swim programs should leave valuables at home or bring a padlock to place on a locker.