PARENT QUESTIONNAIRE

Has your child had swim lessons before?

Yes

No

Is your child comfortable in the water?

Parent/child or level 1 class

No

Level 1 class

Yes

Does your child put their face in the water?

No

Level 2 class

Yes

Can your child swim underwater, swim Front crawl, and back crawl?

No

Level 3 class

Yes

Is your child able to swim on front breathing to one side?

No

Level 3 class

Yes

Can your child swim Breaststroke, butterfly, and elementary backstroke?

No

Level 4 class

Yes

Can they swim from the shallow end to the deep end without grabbing the wall?

No

Level 4 class

Yes

Level 5 or 6 class
AMERICAN RED CROSS
LEVEL DESCRIPTIONS

PARENT CHILD LEVEL: Builds basic water safety skills for both parents and children, help young children ages 3-5 years become comfortable in the water so they are willing and ready to learn to swim.
  - **Level 1**: Introduces basic skills and to get the young children comfortable in the water for both parents and children.
  - **Level 2**: Builds on the skills introduced in level 1, with participants improving these skills and learning more advance skills.

PRESCHOOL AQUATICS: Gives young children about ages 4-7 a positive, developmentally appropriate aquatic learning experience that emphasizes water safety and survival concepts.
  - **Level 1**: Helps participants feel comfortable in the water and to enjoy the water safety while using a noodle.
  - **Level 2**: Builds on the skills learned in level 1 and gives participants success with fundamental skills such as floating and basic locomotion.
  - **Level 3**: Builds on the skills in level 2 and improves participants’ coordination of simultaneous arm and leg action and alternating arm and leg actions.

LEVEL 1: INTRODUCTION TO WATER SKILLS: Helps participants feel comfortable with the addition of using a noodle by themselves.
LEVEL 2: FUNDAMENTAL AQUATIC SKILLS: Gives participants success with fundamental skills without noodles or assistance.
LEVEL 3: STROKE DEVELOPMENT: Builds on the skills in level 2 through additional guided practice in deeper waters, learning breathing control, and all the resting strokes (Breaststroke, Elementary Backstroke, and Sidestroke).
LEVEL 4: STROKE IMPROVEMENT: Develops confidence in the skills learned and improves other aquatic skills (Butterfly).
LEVEL 5: STROKE REFINEMENT: Provides further coordination, refinement of strokes, and distance swimming.
LEVEL 6: SWIMMING AND SKILL PROFICIENCY: Refines the strokes so participants swim them with ease, efficiency, power, and smoothness over greater distances.

SCHEDULE HERE:

**OPEN SWIM HOURS**
NATHAN HALE HIGH SCHOOL
Mondays @ ? Adult swimming    Tuesdays @ ? Competitive swimming    Wednesdays @ ? Family Swim
WEST MILWAUKEE INTERMEDIATE SCHOOL
Thursdays @ ? Family Swim