

# 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

Yes

Level 1 class

Does your child put their face in the water?

No

Yes

Level 2 class

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

No

Yes

Level 3 class

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

No

Yes

Level 3 class

Can your child swim breast-stroke, butterfly, and elementary backstroke?

No

Yes

Level 4 class

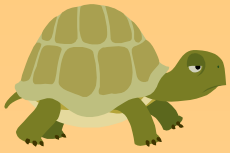
Can they swim from the shallow end to the Deep end without grabbing the wall?

No

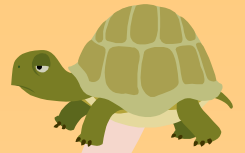
Yes

Level 4 class

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 INTERMIATE SCHOOL

Thursdays @ ? Family Swim

