



KVMP SWIMMING LESSON PROGRAM

FALL 2019- SPRING 2020

About our lessons

The American Red Cross Learn-to-Swim program is a logical, six-level progression that helps students of varying ages and abilities develop their swimming and water safety skills. It is designed to give participants a positive learning experience.

Classes with less than four (4) participants may be combined with other lesson groups or cancelled.

Things to remember when registering

- The last day to register is the FRIDAY before the week lessons begin.
- Classes can fill quickly, please register as soon as possible.
- Full payment is required at the time of registration.
- Classes are subject to change due to registration numbers and staff availability.

<u>FEES:</u>	<u>In-City Limits</u>	<u>Out-City Limits</u>
<i>30 Min Lessons</i>	\$35.20	\$46.40
<i>60 Min Lessons</i>	\$70.40	\$92.80



**Swimming Lessons
Saves Lives!**

**Increase
Confidence!**

Meet New Friends!

Great Exercise!

A Skill For Life!

Kittitas Valley Healthcare (KVH) Swim Safety Program

In an effort to promote and enhance water safety in the Kittitas Valley community, KVH is partnering with the Ellensburg Parks & Recreation Department. They will be sponsoring local youth for introductory Level 1 lessons. The program is on a "first come-first served" basis for Level 1 only. Participants can only register for one class at a time per session. In-person registration is required.



Monday & Wednesday

Fall 1: September 30 – October 23 (8 lessons)

Fall 2: October 28 – November 20 (8 lessons)

Winter 1: January 13 – February 5 (7 lessons*)

Winter 2: February 10 – March 4 (7 lessons*)

Spring 1: April 6 – April 29 (8 lessons)

Spring 2: May 4 – May 27 (7 lessons*)

**Lessons reduced due to holiday*

3:30pm	Level 1, 2, 3, 4
4:05pm	Level 1, 2, 3, Parent-Child (6mos +)
4:40pm	Level 1, 2, 3, 5, 6
5:15pm	Level 1, 2, 3, Parent-Child (6mos +)
5:50pm	Level 1, 2, 3, 4

Tuesday & Thursday

Fall 1: October 1—October 24 (8 lessons)

Fall 2: October 29 – November 21 (8 lessons)

Winter 1: January 14 – February 6 (8 lessons)

Winter 2: February 11 – March 5 (8 lessons)

Spring 1: April 7 – April 30 (8 lessons)

Spring 2: May 5 – May 28 (8 lessons)

**Lessons reduced due to holiday*

3:30pm	Level 1, 2, 3, Parent-Child (6mos +)
4:05pm	Level 1, 2, 3, 4
4:40pm	Level 1, 2, 3, 5, 6
5:15pm	Level 1, 2, 3, 4
5:50pm	Level 1, 2, 3, Parent-Child (6mos +)

Tuesday Only

Fall: October 1– November 19 (8 lessons)

Winter: January 14 - March 3 (8 lessons)

Spring: April 7 - May 26 (8 lessons)

6:25pm	Level 1, 2, 3
7:00pm	Level 1, 2, 3
6:25pm (1 hour)	Level 4, 5, 6 Adult & Teen

Saturday Only

Fall: October 5—November 23 (8 lessons)

Winter: January 18—March 7 (8 lessons)

Spring: April 11 —May 30 (8 lessons)

9:30am	Level 1, 2, 3
10:05am	Level 1, 2 Parent-Child (6mos+)
9:30am (1 hour)	Level 4, 5, 6 Adult & Teen

American Red Cross LTS Levels

Parent & Child (6 mos-3+ yrs): Familiarize children with water and learn swimming readiness skills.

Level 1: Introduction to Water Skills (3+ yrs): Orientation to the aquatic environment and help gain basic aquatic skills.

Level 2: Fundamental Aquatic Skills: Build on the basic aquatic skills and water safety skills/concepts learned in Level 1.

Level 3: Stroke Development: Build on skills learned in Level 1 & 2 to help achieve basic water competency. (crawl stroke, elementary backstroke, swim kicks and rotary breathing)

Level 4: Stroke Improvement: Improve participants' proficiency in performing the swimming strokes that were introduced in Level 3. (front crawl, elementary backstroke, breaststroke, backstroke, underwater swim)

Level 5: Stroke Refinement: Refine the performance of all six (6) swimming strokes (front crawl, back crawl, butterfly, breaststroke, elem. Backstroke, backstroke, and side stroke).

Level 6: Swimming & Stroke Proficiency: Refine strokes in order to swim with greater efficiency and effectiveness over longer distances.

Adult & Teen (13+ yrs): Teach skills and concepts needed to stay safe in, on and around the water.

REGISTRATION START DATES: Fall = September 9th Winter = December 9th Spring = March 9th