



# SWIMMING LESSONS FOR ALMOST EVERYONE

## AGES 3 THRU 14 YEARS \*



CHECK WITH COORDINATOR FOR AGE VARIATIONS AND SPECIAL NEEDS PARTICIPANTS

**YOU AND YOUR CHILD CAN “MAKE A SPLASH” IN 2021-2022!**

## Red Cross Learn-to-Swim Lessons

★Fall & Winter Sessions \$35 per child per session.★

FALL & WINTER SESSIONS & DATES				REGISTRATION & CLASS INFORMATION
FALL SESSIONS	DAYS	DATES	NOTES	<p><b>CLASS DAYS &amp; TIMES:</b> EACH SESSION CONSISTS OF 6 40-MINUTE CLASSES (5:00-5:40 &amp; 5:45-6:25) WHICH MEET ON MONDAYS &amp; WEDNESDAYS AND TUESDAYS &amp; THURSDAYS. SPECIFIC CLASS TIME WILL DEPEND ON THE AGE AND ABILITY OF THE STUDENT.</p> <p><b>REGISTRATION:</b> REGISTRATION CONSISTS OF 2 PARTS:</p> <ol style="list-style-type: none"> <li><b>ONLINE:</b> EMAIL OR PHONE JAY ROSENTHAL, COORDINATOR (<a href="mailto:JAY.ROSENTHAL@REDCROSS.ORG">JAY.ROSENTHAL@REDCROSS.ORG</a> OR 330-883-0821) THIS IS NEEDED TO CONFIRM THERE ARE STILL OPENINGS AVAILABLE FOR THE SESSIONS AND DAYS YOU NEED.</li> <li><b>IN-PERSON:</b> FINAL REGISTRATION AND PAYMENT AT THE HIGH SCHOOL POOL. REGISTRATION DATES AND TIMES BY APPOINTMENT ONLY.</li> </ol> <p>★ <b>PRIVATE LESSONS</b> ARE AVAILABLE: \$20 PER ½ HOUR CONTACT JAY FOR MORE INFORMATION.</p> <p>★ <b>COMPETITIVE TRAINING/PRACTICE:</b> “WARREN HARDING AQUATICS TEAM” (WHAT) CONTACT HEAD COACH, STEVE LUKCO, 330-501-3241 OR <a href="mailto:ZZRUFUS1@GMAIL.COM">ZZRUFUS1@GMAIL.COM</a>   <a href="mailto:STEVE.LUKCO@NEOMIN.ORG">STEVE.LUKCO@NEOMIN.ORG</a></p>
FALL 1	MON & WED TUE & THU	SEP 20 – OCT 6 SEP 21 – OCT 7		
FALL 2	MON & WED TUE & THU	OCT 11 – OCT 27 OCT 12 – OCT 28	NOV 2 NO CLASS SCHOOL NOT IN SESSION	
FALL 3	MON & WED TUE & THU	NOV 1 – NOV 17 NOV 2 – NOV 18		
FALL 4	MON & WED TUE & THU	NOV 29 – DEC 15 NOV 30 – DEC 16		
WINTER SESSIONS	DAYS	DATES	NOTES	
WINTER 1	MON & WED TUE & THU	JAN 3 – JAN 19 JAN 4 – JAN 20	JAN 7 NO CLASS MLK JR HOLIDAY	
WINTER 2	MON & WED TUE & THU	JAN 24 – FEB 9 JAN 25 – FEB 10		
WINTER 3	MON & WED TUE & THU	FEB 14 – MAR 2 FEB 13 – MAR 3	FEB 21 NO CLASS PRESIDENTS’ DAY	
<b>SPRING REGISTRATION BEGINS TBA</b>			<b>REG FEE TBA</b>	
SPRING SESSIONS	DAYS	DATES TENTATIVE		
SPRING 1	MON & WED TUE & THU	MAR 28 – APR 27 MAR 29 – APR 28		
SPRING 2	MON & WED TUE & THU	MAY 2 – MAY 25 MAY 3 – MAY 26		

## COVID INFORMATION

“CDC IS NOT AWARE OF ANY SCIENTIFIC REPORTS OF THE VIRUS THAT CAUSES COVID-19 SPREADING TO PEOPLE THROUGH THE WATER IN POOLS, HOT TUBS, WATER PLAYGROUNDS, OR OTHER TREATED AQUATIC VENUES.” (QUOTE FROM THE CDC WEBSITE)

BASED ON CURRENT WCS POLICY, OUR GROUP LESSONS WILL FOLLOW THESE RECOMMENDED COVID-19 PROCEDURES UNTIL FURTHER NOTICE. MASKS ON PARTICIPANTS ARE REQUIRED EXCEPT DURING THE TIMES THE STUDENT IS IN THE WATER. CARE GIVERS WILL CONTINUE TO WEAR MASKS. STUDENTS WILL WEAR MASKS BEFORE & AFTER THEIR LESSON.

1. SOCIAL DISTANCING WILL BE MAINTAINED.
2. FOR SAFETY ALL PA (PRESCHOOL) CLASSES WILL REQUIRE A “CARE-GIVER” IN THE WATER WITH EACH STUDENT.\*\*
3. FOR SAFETY ALL LTS (LEVEL 1 & LEVEL 2 CLASSES) WILL REQUIRE A “CARE-GIVER” IN THE WATER WITH EACH STUDENT.\*\*
4. LOCKER ROOMS WILL BE AVAILABLE FOR TOILETING BUT NOT CHANGING.
5. SPECTATORS ARE BEING DISCOURAGED, BUT IF PRESENT THEY MUST FOLLOW THE COVID-19 PROCEDURES.
6. CLASS ENROLLMENT WILL BE LIMITED TO ALLOW SOCIAL DISTANCING OF PARTICIPANTS.

\*\*THE INSTRUCTOR WILL ADVISE IF AND WHEN A CARE-GIVER MAY NO LONGER BE NEEDED.

## Determining the correct class and level for an individual

<b>CLASS</b>	<b>INDIVIDUAL (UNLESS GIVEN PERMISSION) MUST</b>
Individual is 5 years old or less,	enroll in a <b>Preschool Aquatics class</b>
Individual has not completed Kindergarten,	enroll in a <b>Preschool Aquatics class</b>
Individual is 6 years old,	enroll in a <b>Preschool Aquatics OR a Learn-to-Swim class</b>
Individual is 6 – 13 years old,	enroll in a <b>Learn-to-Swim Aquatic class</b>
Individual is a teen (13 or older) or an adult AND a beginner,	enroll in the <b>Teen &amp; Adult Aquatic class (when one is offered)</b>

<b>LEVEL</b>	<b>SWIMMING PREREQUISITES</b> <i>Note that in addition to the time/distance prerequisites are skill standards which must be met.</i>
<b>LTS LEVEL 1</b>	No prerequisites
<b>LTS LEVEL 2</b>	5 bobs, hold breath underwater 5 sec, back float 5 sec, swim 2 body lengths on front (face in water), swim 2 body lengths on back, turn over front to back and back to front
<b>LTS LEVEL 3</b>	10 bobs, hold breath underwater 10 sec, back float 15 sec, swim 5 body lengths on front (face in water and rhythmically breathing), swim 5 body lengths on back, turn over front to back and back to front, change direction swimming on back and front, tread water 15 sec, jump into chest-deep water
<b>LTS LEVEL 4</b>	Rotary breathing 15 times, front survival float 30 sec, back float 1 min, tread water 1 min, front crawl 15 yards, elementary backstroke 15 yards, breaststroke kick 15 yards, scissors kick 15 yards, dolphin kick on front 5 body lengths, sitting and kneeling dives
<b>LTS LEVEL 5</b>	Underwater swim 5 body lengths, survival swimming 1 minute, feet-first surface dive, front and back crawl open turns, tread water 2 minutes, front crawl and elementary backstroke 25 yards, breaststroke, butterfly, sidestroke and back crawl 15 yards each, compact and stride position dives
<b>LTS LEVEL 6</b>	Tuck and pike surface dives, front and backstroke flip turns, tread water 5 minutes, tread water 2 minutes legs only, front crawl and elementary backstroke 50 yards, breaststroke, butterfly, backcrawl and side stroke 25 yards each, standard back scull 30 sec, shallow angle dive
<b>PRESCHOOL AQ 1</b>	No prerequisites
<b>PRESCHOOL AQ 2</b>	Blow bubbles 3 sec, hold breath underwater 3 sec, back float 3 sec, swim 2 body lengths on front (face in water), swim 2 body lengths on back
<b>PRESCHOOL AQ 3</b>	5 bobs, back float 15 sec, roll from back to front and front to back, tread water 15 sec, jump into chest-deep water, swim 3 body lengths on front and back
<b>ADULT-TEEN Beginner</b>	No prerequisites

### Parent & Child Aquatics - Preschool Aquatics - Learn to Swim – Adult Swim Programs

The 4 programs listed above represent the most current programs offered by the Red Cross to teach people water safety and swimming.
American Red Cross <b>Parent and Child Aquatics</b> (2 levels) is designed for children between the ages of 6 months and approximately 3 years, and their parents. The purpose of the course is to familiarize children with the water and teach swimming readiness skills. In addition, Red Cross Parent and Child Aquatics provides safety information for parents and teaches parents techniques they can use to help orient their children to the water.
American Red Cross <b>Preschool Aquatics</b> (3 levels) is designed for children approximately 4 and 5 years of age. The purpose of the course is to facilitate developmentally appropriate learning of fundamental water safety and aquatic skills
The objectives of the American Red Cross <b>Learn-to-Swim courses</b> (6 levels) are to teach children to be safe in, on and around the water and to swim well. Aquatic and personal water safety skills are taught in a logical progression through six levels. Participants in Level 1 are oriented to the aquatic environment and gain some basic skills in each category. As they progress through the levels, participants build on their basic skills to learn and refine various propulsive movements on the front, back and side. On successful completion of Level 3, participants have achieved basic water competency in a pool environment. By the end of Level 6, participants have the prerequisite skills and have developed the necessary skill and fitness levels for entrance into advanced courses, such as Water Safety Instructor and Lifeguarding, or other aquatic activities such as competitive swimming and diving
The American Red Cross <b>Adult Swim courses</b> (3 levels) are intended for mature teens and adults wishing to improve their knowledge of, and skill in, the water. Adult Swim offers three options to meet specific needs and interests—Learning the Basics, Improving Skills and Swimming Strokes, and Swimming for Fitness.

**★FOR QUESTIONS AND/OR FOR REGISTRATION CONTACT JAY:**  
 EMAIL [JAY.ROSENTHAL@REDCROSS.ORG](mailto:JAY.ROSENTHAL@REDCROSS.ORG) OR PHONE (330) 883-0821. PLEASE DO NOT TEXT.

## **PROGRAM UPDATE INFORMATION**

**BASED ON CURRENT WCS POLICY, OUR GROUP LESSONS WILL FOLLOW THESE COVID-19 PROCEDURES UNTIL FURTHER NOTICE. *PLEASE READ BELOW.***

### **COVID-19 PROCEDURES**

WE WILL STILL BE FOLLOWING THE "COVID-19 PROCEDURES" WE WERE USING DURING THE SPRING & SUMMER SESSIONS.

1. MASKS ON PARTICIPANTS ARE REQUIRED EXCEPT DURING THE TIMES THE STUDENT IS IN THE WATER. CARE GIVERS WILL CONTINUE TO WEAR MASKS. STUDENTS WILL WEAR MASKS BEFORE & AFTER THEIR LESSON.
2. SOCIAL DISTANCING WILL BE MAINTAINED.
3. FOR SAFETY ALL PA (PRESCHOOL) CLASSES WILL REQUIRE A "CARE-GIVER" IN THE WATER WITH EACH STUDENT.\*\*
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6. SPECTATORS ARE BEING DISCOURAGED, BUT IF PRESENT THEY MUST FOLLOW THE COVID-19 PROCEDURES.
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#### **DAILY CHECK OF WHO SHOULD NOT ATTEND LESSONS?**

1. ANYONE WITH A TEMPERATURE THAT IS GREATER THAN 100<sup>0</sup> F. TEMPERATURE SHOULD BE CHECKED BEFORE LEAVING HOME. TEMPERATURE WILL BE TAKEN UPON ARRIVAL AT THE POOL.
2. ANYONE WHO IS COUGHING, IS SHORT OF BREATH OR IS HAVING DIFFICULTY BREATHING, HAS CHILLS, HAS REPEATED SHAKING WITH CHILLS, HAS MUSCLE PAIN, HAS A HEADACHE, SORE THROAT, OR A NEW LOSS OF TASTE OR SMELL.
3. ANYONE WHO HAS HAD CLOSE CONTACT WITH PERSON WITH ANY OF THE ABOVE SYMPTOMS OR KNOWN COVID-19.

#### **WHAT PROCEDURES TO FOLLOW WHEN COMING TO LESSONS & WHILE LESSONS ARE IN PROGRESS**

- **ALL UPON ENTRY INTO THE POOL AREA**

- **FACE COVERINGS** MUST BE WORN BY EVERYONE OLDER THAN 2 YEARS UPON ENTRY INTO THE POOL AREA. ONLY THE CHILDREN PARTICIPATING MAY REMOVE THEIR FACE COVERINGS AND THEN ONLY WHEN ENTERING THE WATER FOR THEIR LESSON. FACE COVERINGS SHOULD AGAIN BE IN PLACE ONCE INSTRUCTION IS OVER & PARTICIPANTS LEAVE THE WATER.
- **SOCIAL DISTANCING** RECOMMENDATIONS (AT LEAST 6 FEET, IF POSSIBLE) FROM ALL NON-FAMILY MEMBERS MUST BE MAINTAINED.

- **OBSERVATION**

- **SPECTATORS** (THOSE NOT GOING INTO THE WATER) **ARE BEING DISCOURAGED IN THE POOL AREA.** IF REMAINING, THE COVID-19 PROCEDURES MUST BE STRICTLY FOLLOWED.

- **ARRIVAL**

1. CHILDREN & CAREGIVERS SHOULD WEAR THEIR SWIM SUITS WHEN ARRIVING AND BE PREPARED TO LEAVE WEARING THEIR SWIM SUITS. LOCKER ROOMS WILL NOT BE AVAILABLE FOR CHANGING. TOILETS WILL BE AVAILABLE.
2. PLEASE DO NOT ARRIVE MORE THAN 10 MINUTES BEFORE THE CLASS STARTS BUT PLEASE BE ON TIME.
3. CHILDREN (PARTICIPANTS) AND CAREGIVERS (FOR THOSE DESIGNATED CHILDREN) MUST MAINTAIN SOCIAL DISTANCING FROM NON-FAMILY MEMBERS (SPOTS WILL BE INDICATED.) AND CONTINUE TO WEAR FACE COVERINGS.

**SPECTATORS AND PARTICIPANTS FAILING TO FOLLOW THESE PROCEDURES WILL BE ASKED TO LEAVE!  
PLEASE REFRAIN FROM EATING IN THE POOL AREA.**

WE WERE HOPEFUL THAT SOON WE WOULD BE ABLE TO "RELAX" THESE PROCEDURES. HOWEVER, DUE TO THE NEW STRAINS OF THE VIRUS, WE MUST CONTINUE TO BE VIGILANT AND FOLLOW THE SCHOOL'S PROTOCOL. AS ALWAYS, OUR CONCERN IS FOR THE HEALTH AND SAFETY OF PARTICIPANTS AND THEIR FAMILIES AND OUR STAFF. THANK YOU FOR YOUR PATIENCE AND UNDERSTANDING AS WE MOVE THROUGH THESE DIFFICULT TIMES.