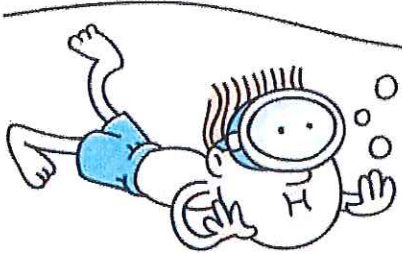


2018 Summer Swimming Lessons

at *Cuyahoga Heights Village Pool*



4863 East 71st Street

pool@cuyahogaheights.com

(216)341-7684

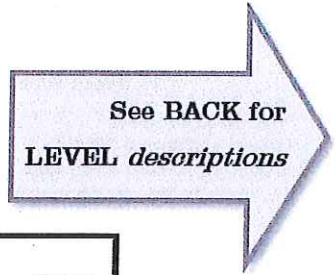
Swimming Lessons Session Dates:

Session 1: June 11-June 29

Session 2: July 2-July 20

Session 3: July 23-August 10

(You MAY sign up for more than one session)



Days of Week & Cost (per session):

Daily (\$30)	Mon/Wed/Fri (\$20)	Saturday Lessons(\$30)
Level 3-10:30	Level 6-10:30	<i>June 16-August 4</i>
Level 2-11:00	Level 5-11:00	Levels 1/3/5-11:00
Level 1-11:30	Level 4-11:30	Levels 2/4/6-11:30

Small Beginner: There are 4 Small Beginner slots per 1/2 hour

(both weekday & Saturday lessons)

First come, first serve until all slots are filled.

*Payment will be accepted once the pool opens

Please make checks payable to:

Cuyahoga Heights Village

*Pool Pass must be purchased prior to attending swimming lessons



"ONLINE REGISTRATION"

(Cuyahoga Height Village Website)

<http://www.cuyahogaheights.com/recreation/pool/>

Or follow this TinyURL: <https://preview.tinyurl.com/y7jdehr2>

Red Cross Swimming Levels

Requirements to Pass Each Level

To Pass Level 1 – “Water Exploration”

Fully submerge face
Release cramp
Supported kicking on back
Supported kicking on front
Walk 5 yards in chest-deep water, alternating arms
Supported float on front
Supported float on back
Walk 5 yards in chest-deep water, maintaining balance
Bubble blowing
Put on a life jacket on deck and enter shallow water
Learn water safety rules
Reaching assists without equipment
Enter and exit water independently using ladder, ramp or steps
Bounce up and down in chest-deep water 10 bounces

To Pass Level 2 – “Primary Skills”

Hold breath and fully submerge head for 3 seconds
Assist non-swimmer to feet
Step from the side into chest-deep water and recover to a vertical position
Get out from the side of pool
Supine float or glide, unsupported, and recovery
Level off from a vertical position
Rhythmic breathing with or without support
Orientation to deep water
Prone float or glide, unsupported, and recovery
Flutter kick on front
Flutter kick on back
Finning on back
Back crawl arm action
Combined stroke from front, using kick and alternating arm action
Combined stroke on the back, using kick and choice of arm movement
Turn over, front to back
Float in life jacket with face out of water
Perform reaching and extension assists from deck
Retrieve objects
Become familiar with rescue breathing

To Pass Level 3 – “Stroke Readiness”

Retrieve object, eyes open, no support
Bob, submerging head completely
Bob in water slightly over head to travel to safe area
Bob to standing depth
Dive from side of pool from kneeling and compact positions
Learn safe diving rules
Tread water
Jump into deep water wearing a life jacket
Reverse direction while swimming on back
Coordinate arm stroke for front crawl with breathing, breathing to the side
Prone glide with push-off
Supine glide with push-off
Reverse direction while swimming on front
Coordinate back crawl
Elementary backstroke
Learn how to open airway for rescue breathing
H.E.L.P. position
Huddle position
Jump into deep water from side of pool

To Pass Level 4

Deep water bobbing
Floating
Rhythmic breathing/rotary breathing
Front crawl with rotary breathing, 25 yards
Back crawl, 25 yards
Breaststroke on back, 5 yards
Elementary backstroke, 10 yards
Scissor kick for sidestroke, 10 yards
Turning at the wall
Stride and standing dives
Tread water, 2 minutes

To Pass Level 5

Alternate breathing
Front crawl, 50 yards
Back crawl, 50 yards
Breaststroke, 10 yards
Sidestroke, 10 yards
Elementary backstroke, 25 yards
Underwater swim, 3 body lengths
Racing dives, long shallow dives
Dolphin kick, 10 yards for butterfly
Open turns on front and back
Flip turns
Feet-first surface dives
Tread water, 2 minutes

To Pass Level 6

Front crawl, 100 yards
Front crawl with flip turns
Back crawl, 100 yards
Breaststroke, 25 yards
Breaststroke open turn
Breaststroke speed turn
Sidestroke turn
Racing dives, long shallow dives
Butterfly, 10 yards
Pike surface dive
Tuck surface dive
Tread water, 3 minutes, 1 minute no hands

To Pass Level 7

Front crawl, 200 yards
Back crawl, 100 yards
Back crawl with flip turn
Breaststroke, 50 yards
Sidestroke, 50 yards
Butterfly, 25 yards
Retrieve brick in deep water
Swim underwater, 15 yards
Tread water, 5 minutes
Review all strokes and turns from previous levels:
Front crawl with flip turn
Breaststroke with open turn
Breaststroke with speed turn
Sidestroke with turn
Backstroke with open turn