





## American Red Cross Preschool Program Instruction

Sioux Falls Parks and Recreation will follow the Red Cross Preschool Swim Program for 3- to 5-year-olds. The Preschool Program has two sections, called "toddler" for ages 3-4 and "preschool" for ages 4-5.

### Toddler (ages 3 and 4)

**Objective:** As a result of participating in this course, the toddler will:

- Be exposed to water adjustment activities.
- Practice elementary forms of propulsive aquatic movements.
- Observe and practice safe and effective use of flotation devices.
- Experience appropriate water safety skills.

### Preschool (ages 4 and 5)

**Objective:** As a result of participation in this program, the preschooler will:

- Experience independent propulsive swimming movements.
- Experience advanced starter adjustment activities.
- Be exposed to appropriate water safety skills.
- Practice combined skills for basic water entry, exploring pool swimming forms.
- Carry toddler, using ladder, rolling from side of pool.

### Water Entry

front kick  
rotary breathing

### Bubble Blowing

drafting and breathing, glide  
readiness, passing, drafting

### Prone Glide

arms and rhythmic breathing, arms and kick  
readiness, passing, drafting

### Arm Movement, Prone Position

rolling back to front, rolling front to back

### Combined Skills, Prone Position

rolling front to back

### Changing Direction

vertical position, vertical to back float position

### Kickup

Parent Safety


### Water Exit

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# About the Swimming Lessons

## Lessons Schedule



### Swimming Lessons

Toddler and preschool lessons last 30 minutes. Level I lessons are for ages five or older; children must be comfortable standing in three feet of water, not holding onto the edge.



### Classes

Classes will be offered at Laurel Oak, Terrace, Kuehn, and Frank Olson Pools—Monday through Friday—for two weeks.

|  |                  |
|--|------------------|
| <b>Laurel Oak</b>                        | <b>-----\$15</b> |
| <b>Toddler/Preschool</b>                 |                  |
| 30-minute lessons (1-week class)         |                  |
| <b>A. Week 1 -or- B. Week 2</b>          |                  |
| <b>Level I–Level III</b>                 |                  |
| (2-week class)                           |                  |
| Monday through Friday, 40-minute lessons |                  |
| <b>Terrace</b>                           |                  |
| <b>Toddler/Preschool</b>                 |                  |
| 30-minute lessons (1-week class)         |                  |
| <b>A. Week 1 -or- B. Week 2</b>          |                  |
| <b>Level I–Level VI</b>                  |                  |
| (2-week class)                           |                  |
| Monday through Friday, 40-minute lessons |                  |
| <b>Kuehn and Frank Olson</b>             |                  |
| <b>Level I-VI</b>                        |                  |
| (2-week class)                           |                  |
| Monday through Friday, 40-minute lessons |                  |

Register online at:  
[register.siouxfallspark.org](http://register.siouxfallspark.org).

## Registration for Lessons

All new users must create a new account prior to registering. Once you have an approved account, you will just need to log in. Accounts will be approved Monday through Friday during normal business hours. You may browse our site as a guest but must have an account to register or reserve.

For your convenience swimming lesson registration will be available online at: [register.siouxfallspark.org](http://register.siouxfallspark.org)

### Public Computers Available for Online Registration

In order to register online, you must have an approved account.

- Use computers at any Siouland Libraries location during their regular operational hours.

**Session 1: June 17–28**  
 Registration is open 6 p.m. on Tuesday, June 4, through 6 p.m. on Tuesday, June 11

**Session 2: July 22–August 2**  
 Registration is open 6 p.m. on Tuesday, July 9, through 6 p.m. on Tuesday, July 16

**Location:** Midco® Aquatic Center  
 1601 South Western Avenue

You also have the opportunity to sign up on the first day of each session of swim lessons at the respective pool (see chart) if openings for lessons are still available.

**Refund Policy:**  
 Sioux Falls Parks and Recreation reserves the right to use discretion when issuing refunds. Refunds may be issued before lessons begin, but will not be issued once lessons have begun.

**Makeup Policy:**  
 Swimming lesson participants are not allowed to make up a missed swimming lesson on a different date or time than what they are registered for. This is due to the maximum student to instructor ratios, and the large quantity of registered participants.

**Weather Policy**  
 Swimming Lessons are not canceled due to weather. If there is rain, cold, or thunder, skills and learning may be practiced on land.

- The American Red Cross offers a comprehensive, developmentally appropriate swimming and water safety program that teaches you, your child, or other family members how to swim skillfully and safely. The prerequisite for each level is the successful demonstration of skills from the preceding level, and think and act safely in, on, and around the water. Based on a logical, six-level progression that helps swimmers of all ages and varying abilities develop their swimming and water safety skills, it is designed to give participants a positive learning experience.
- Helps participants feel comfortable in the water.**
- LEVEL 1: INTRODUCTION TO WATER SKILLS**
- Entering independently using either the ladder, steps or side, traveling at least 5 yards, bobbing, then safely exiting the water
  - Gliding on front, rolling to a back float, and recovering to a vertical position
  - Blowing bubbles through mouth and nose
  - Opening eyes under water to retrieve submerged objects
  - Front and back gliding
  - Floating on front, rolling to a back float, and recovering to a vertical position
  - Alternating and using simultaneous leg and arm actions on front and back
  - Rolling from front to back and back to front
  - Treading using arm and hand actions
  - Combining arm and leg actions on front and back
  - Staying safe around aquatic environments
  - Recognizing the lifeguards
  - Don't just pack it, wear your jacket
  - Pushing off in a streamlined position on front then begin flutter kicking
  - Pushing off in a streamlined position on front then begin dolphin kicking
  - Scissors, flutter, breaststroke, and dolphin kicking
  - Too much sun is no fun
  - How to call for help
  - Recognizing an emergency
  - Don't just pack it, wear your jacket
  - Firming arm action on back and back
  - Using combined arm and leg actions on front
  - Treading using arm and leg actions
  - Front or back
  - Changing direction of travel while swimming on front or back
  - Rolling from front to back and back to front
- LEVEL 2: FUNDAMENTAL AQUATIC SKILLS**
- Gives participants success with fundamental skills.*
- Stepping from side into chest-deep water, pushing off the bottom, moving into a treading or floating position, swimming on front and/or back, then exiting the water using ladder, steps or side
  - Moving into a back float, rolling to front, then recovering to a vertical position
  - Pushing off and swimming using combined arm and leg actions on front, rolling to back, floating, and then continuing swimming
  - Fully submerging and holding breath
  - Bobbing
  - Opening eyes under water to retrieve submerged objects
  - Tuck, jellyfish, back, and front floating
  - Rotary breathing
  - Front and back gliding and recovering to a vertical position
- LEVEL 3: STROKE DEVELOPMENT**
- Builds on the skills in Level 2 through additional guided practice in deeper water.*
- Jumping into deep water from the side, recovering to the surface, maintaining position by treading or floating, rotating one full turn, and then turning as necessary to orient to the exit point, leveling
  - Swimming from front crawl and/or elementary direction as necessary, swimming position and backstroke, and then exiting the water
  - Entering headfirst from the side in a sitting and kneeling position
  - Bobbing while moving toward safety
  - Rotary breathing
  - Survival floating on front, back floating, and treading water
  - Pushing off in a streamlined position on front then begin flutter kicking
  - Pushing off in a streamlined position on back and back
  - Pushing off in a streamlined position on back and begin flutter kicking
  - Pushing off in a streamlined position on back and begin dolphin kicking
  - Open turning on the front and back
  - Reach or throw, don't go
  - Recreational water illnesses
  - Think so you don't sink
  - Look before you leap
- LEVEL 4: STROKE IMPROVEMENT**
- Develops confidence in the skills learned and improves other aquatic skills.*
- Performing a feet-first entry into deep water, swimming front crawl, changing direction and position as necessary and swimming elementary backstroke
  - Swimming breaststroke, changing direction and position as necessary and swimming back crawl
  - Submerging and swimming underwater without hyperventilation, returning to the surface, then exiting the water
  - Entering headfirst from the side in a compact position and stride position
  - Feet-first surface diving, submerging completely
  - Survival swimming
- LEVEL 5: SWIMMING AND SKILL PROFICIENCY**
- Refines the strokes so participants swim them with ease, efficiency, power, and smoothness over greater distances.*
- Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke
  - Swimming the front crawl, elementary backstroke, back crawl, breaststroke, sidestroke, and butterfly from crawl and backstroke open turning while swimming
  - Front and backstroke flip turning while swimming
  - Sidesroke, butterfly, and breaststroke turning while swimming
  - Surface diving to retrieve object from the bottom
  - Note: Additional exit assessments are required, depending on the course option selected.
- LEVEL 6: SWIMMING AND SKILL PROFICIENCY**
- Refines the strokes so participants swim them with ease, efficiency, power, and smoothness over greater distances.*
- Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke
  - Swimming the front crawl, elementary backstroke, back crawl, breaststroke, sidestroke, and butterfly from crawl and backstroke open turning while swimming
  - Front and backstroke flip turning while swimming
  - Sidesroke, butterfly, and breaststroke turning while swimming
  - Surface diving to retrieve object from the bottom
  - Note: Additional exit assessments are required, depending on the course option selected.