



Each class needs to have six registered children to be held.

## register.sioxfalls.parks.org.

Register online at:

Monday through Friday, 40-minute lessons  
(2-week class) ----- \$20

### **KUEHN AND FRANK OLSON**

Monday through Friday, 40-minute lessons  
(2-week class) ----- \$20

Level I-Level VI ----- \$20

A. Week 1 or B. Week 2  
30-minute lessons (1-week class)

Toddler/Preschool ----- \$15

### **TERRACE PARK**

Monday through Friday, 40-minute lessons  
(2-week class) ----- \$20

Level I-Level III ----- \$20

A. Week 1 or B. Week 2  
30-minute lessons (1-week class)

Toddler/Preschool ----- \$15

### **LAUREL OAK**

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

## CLASSES



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

## SWIMMING LESSONS



## LESSONS SCHEDULE

For more information, call 367-POOL, visit [www.sioxfalls.org/swimming-lessons](http://www.sioxfalls.org/swimming-lessons).

practiced on land.

Swimming Lessons are not canceled due to weather. If there is rain, cold, or thunder, skills and learning may be

### Weather Policy

registered participants.

student to instructor ratios, and the large quantity of

what they are registered for. This is due to the maximum

a missed swimming lesson on a different date or time than

Swimming lesson participants are not allowed to make up

### Makeup Policy:

have begun.

before lessons begin, but will not be issued once lessons

discretion when issuing refunds. Refunds may be issued

Stoux Falls Parks and Recreation reserves the right to use

### Refund Policy:

(see chart) if openings for lessons are still available.

of each session of swim lessons at the respective pool

You also have the opportunity to sign up on the first day

1601 South Western Avenue

Location: Midco Aquatic Center

6 p.m. on Tuesday, July 13

Registration is open 6 p.m. on Tuesday, July 6, through

Session 2: July 19-30

6 p.m. on Tuesday, June 8

Registration is open 6 p.m. on Tuesday, June 1, through

Session 1: June 14-25

during their regular operational hours.

Use computers at any Stouxsand Libraries location

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

### Public Computers Available for Online Registration

available online at: [register.sioxfalls.parks.org](http://register.sioxfalls.parks.org)

For your convenience swimming lesson registration will be

register or reserve.

browse our site as a guest but must have an account to

through Friday during normal business hours. You may

just need to log in. Accounts will be approved Monday

registering. Once you have an approved account, you will

All new users must create a new account prior to

## REGISTRATION FOR LESSONS

# About the Swimming Lessons

## 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.

**Water Adjustment:** getting wet, water entry, carry toddler, using ladder, rolling from side of pool

### Water Entry

### Bubble Blowing

**Prone Glide:** readiness, passing, drafting, drafting and breathing, glide

**Underwater Exploration:** readiness, bubble blowing, scooping, opening eyes

**Back Float:** adjustment to water in back position, back float readiness

### Back Glide

### Arm Movement on Back

### Arm Movement, Prone Position

### Combined Skills, Prone Position

**Rolling Over:** rolling back to front, rolling front to back

### Personal Flotation device (PFD)

**Changing Positions:** vertical to prone position, vertical to back float position

### Kickup

### Parent Safety

### Water Exit

### 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 swimming forms.

**Water Adjustment:** getting wet, getting in water, exploring pool

### Water Entry:

**Breath Control:** rhythmic bobbing, rotary breathing

### Prone Glide

### Prone Float

### Underwater Exploration

### Back Float and Recovery

### Combined Stroke on Back

**Beginner Stroke, Prone Position:** arm movement, arms and rhythmic breathing, arms and rotary breathing, arms, breathing, and kick

**Rolling Over:** rolling front to back, rolling back to front, unassisted roll

### Changing Direction

### Bobbing to Safety

### Kickup

### Treading Water

### Personal Flotation Device (PFD)

### Combined Safety Skills:

jumping in and rolling over, jumping in and changing direction

### Forms of Rescue

### Rescue Breathing

## American Red Cross Learn-To-Swim Program Instruction

Is anyone you know feeling a little wet behind the ears? Enroll them in an American Red Cross Learn-to-Swim course. This program is for ages 5 to 14 years old. All seven courses are designed to help students learn to swim, or improve their swimming skills with new strokes, stroke refinements, diving safety tips and techniques, and more.

**Level 1, five years of age or older**—Child must be comfortable standing in three feet of water without holding on to the edge of the pool!

**Level 3, recommended for seven years of age or older**—Child must be comfortable standing in three feet of water without holding on to the edge of the pool

Courses are divided into six levels:

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, and think and act safely in, on, and around the water. The prerequisite for each level is the successful demonstration of skills from the preceding level, except for Level 1 (which has no prerequisites).

### Learn-to-Swim

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.

### LEVEL 1: INTRODUCTION TO WATER SKILLS

*Helps participants feel comfortable in the water.*

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

Recovering from a front and back glide to a vertical position

Rolling from front to back and back to front

Treading using arm and hand actions

Alternating and using simultaneous leg and arm actions on front and back

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

Recognizing an emergency

How to call for help

Too much sun is no fun

### 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, rolling to the front, and then continuing swimming

- Entering water by stepping or jumping from the side

- 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

- Rolling from front to back and back to front

- Changing direction of travel while swimming on front or back

- Treading using arm and leg actions

- Using combined arm and leg actions on front and back

- Finning arm action on back

- Don't just pack it, wear your jacket

- Recognizing an emergency

- How to call for help

- Too much sun is no fun

- Look before you leap

- Think so you don't sink

- Reach or throw, don't go

- Survival swimming

- Treading water using 2 different kicks (modified scissors, modified breaststroke or rotary)

- Butterfly and sidestroke swimming

- 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

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