

### Learn-to-Swim Level 4—Stroke Improvement

Some of the milestones in Level 4 include--

- Swimming the front crawl for 25 yards.
- Swimming the elementary backstroke for 25 yards.
- Swimming the front crawl for 15 yards.
- Maintaining position by treading or floating for 30 seconds.
- Swimming the elementary backstroke for 15 yards.

### Learn-to-Swim Level 4—Stroke Improvement

Some of the milestones in Level 4 include—

- Swimming the front crawl for 25 yards.
- Swimming the elementary backstroke for 25 yards.
- Swimming the breaststroke for 15 yards.
- Swimming the back crawl for 15 yards.
- Open turns on the front and back.

### Learn-to-Swim Level 5—Stroke Refinement

Some of the milestones in Level 5 include—

- Performing a shallow-angle dive into deep water.
- Swimming the front crawl for 50 yards
- Swimming the elementary backstroke for 50 yards.
- Swimming the breaststroke for 25 yards.
- Swimming the back crawl for 25 yards.

### Learn-to-Swim Level 6—Fitness Swimmer

Participation in American Red Cross Learn-to-Swim Level 6 means that you have achieved a significant level of swimming skill. The great news is that now the fun really begins, Level 6 opens the door to a variety of specialized aquatic activities that can lead to whole new sets of aquatic experiences that could last a lifetime!

Some of the milestones in Level 6—Fitness Swimmer include—

- Swimming 500 yards continuously using any 3 strokes of choice, swimming at least 50 yards of each stroke.
- Demonstrating turns while swimming.
- Demonstrating etiquette in fitness swimming.
- Demonstration various training techniques.
- Calculating target heart rate.
- Demonstration the principles of setting up a fitness program.
- Performing the Cooper 12-minute swim test, and comparing results with the pre-assessment results.

\*The expectations are quite high in regards to distance and quality.

### Learn-to-Swim Level 6—Personal Water Safety

In Personal Water Safety, you learn more complex safety skills that may help you survive in an emergency. Some of these skills include—

- Swimming 500 yards continuously using any 3 strokes of choice, swimming at least 50 yards of each stroke.
- Jumping into deep water and performing a survival float for 5 minutes.

- Performing a surface dive, retrieving an object from the bottom of the pool at a depth of 7 -10 feet, returning to the surface and returning to the starting point.

\*Swimmers who take a Level 6 course are often preparing for more advanced courses, such as Water Safety Instructor or Lifeguarding. Some participants are preparing to participate in other aquatic activities, such as competitive swimming or diving.

### Private Swimming Lesson Pricing

½ hr. private lesson w/Aquatic Director - \$25.00

½ hr. semi-private w/Aquatic Director - \$30.00  
(\$15.00 per child).

½ hr. private lesson w/WSI instructor - \$20.00

½ hr. semi-private w/WSI instructor - \$24.00  
(\$12.00 per child).

Please contact Robin Moodspeugh, Aquatic Director for further information at 614-794-6962.

### Swim Lesson Policies

1. Registration is accepted on a space of availability basis. Medallion Members have priority, as space is limited.
2. After registering for lessons, refunds will not be given for swim lessons cancelled by participants. The only exception would be a written medical note from child's physician.
3. Medallion reserves the right to move students up or down into levels appropriate to the students swimming ability.
4. We reserve the rights to cancel programs with low enrollment- swim lessons require a minimum of four/maximum of eight participants per instructor.
5. Kids Korner transfer is not available for swimming lessons.
6. Make-up lessons are not given for missed classes. If we have to cancel a class due to weather, we will make that class up on the Saturday at the end of the session. We only guarantee eight lessons per session.
7. We have no control over the weather. We will hold swimming and hydro-fitness classes unless there is lightning in the area, or if we cannot see the bottom of the pool due to heavy rain.
8. The pool is heated, and we will make sure that the classes are planned to keep the kids warm.
9. Assume your registration is confirmed and the lessons will meet as scheduled unless you are notified otherwise.

## The Medallion Club

# AQUATICS

Summer Schedule  
2012

*Robin Moodspeugh*  
*Aquatic Director*  
614-794-6962



**American  
Red Cross**

## Learn-To-Swim Lessons

### Medallion is proud to offer you-

- Professional instructors who are well trained by the American Red Cross.
- Learning made fun in a safe environment
- A balanced program that teaches swimming skills and how to be safe in the water.
- A comprehensive swimming and water safety program for everyone in the family- from infancy to adulthood.

**The fee for all Learn-to-Swim programs is  
\$55.00 per member.**

- ❖ **Session I** – June 4 – June 15
- ❖ **Session II** – June 18 – June 29
- ❖ **Session III** – July 9 – July 20
- ❖ **Session IV** – July 23 – August 3

**\*Starting times for the morning classes in the above sessions will be 10:00 am and 10:30 am with evening classes starting at 5:45 pm and 6:15 pm.**

\*GUESTS are welcome on a first come first serve basis, only after registration has been made available to Medallion Club members. Fee for non-members is an additional \$20.00 per child per session over the member cost and may be paid by cash, check, MasterCard/Visa

## Below are course descriptions of the newly revised *American Red Cross Learn to Swim Program* offered by The Medallion Club:

### Parent and Child Aquatics

There are two levels of Parent and Child Aquatics. For each level, our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for infants and young children. It is important to understand that Parent and Child Aquatics is not designed to teach children to become good swimmers or even to survive in the water on their own. An adult—whether that is the parent, guardian or Nanny—is required to accompany each child in the water and participants in every class. The adult participants learn too! Adults learn how to safely handle their infants and toddlers in and around the water, as well as how to become water smart. Parent and Child Aquatics lay the foundation for future aquatic skills, and each class is 30 minutes in length.

### Parent and Child Aquatics Level 1

In Parent and Child Aquatics Level 1, great experiences and fun activities are provided to teach infants and young children to –

- Enter and exit the water safely.
- Feel comfortable in the water.
- Submerge and explore breath control.
- Explore floating on the back and front.
- Change body position in the water.
- Play safely in the water.
- Experience wearing a life jacket.

Parents, you also learn—

- How to hold and support your child in the water.
- How to select and fit a life jacket for your child.
- Valuable water safety information to make your family safer in and around the water.

### Parent and Child Aquatics Level 2

The Parent and Child Aquatics Level 2 class builds upon the skills learned in Level 1. Fun activities will be provided to allow your child to –

- Learn more ways to enter and exit the water safely.
- Submerge in a rhythmic pattern.
- Guide on the front and back with assistance.
- Perform combined stroke on front and back with assistance.
- Change body position in the water.
- Experience wearing a life jacket in the water.

\*After successfully completing Parent and Child Aquatics, children who are about 4 or 5 years of age are eligible for Preschool Aquatics Level 2.

### American Red Cross Preschool Aquatics

American Red Cross Preschool Aquatics consists of three levels of progressive swim instruction for children about 4 and 5 years old. After participation in Preschool Aquatics, children are able to join in American Red Cross Learn-to-Swim with a solid base

of fundamental skills. As children progress through the three levels of Preschool Aquatics and six levels of Learn-to-Swim, they develop swimming and water safety skills that help them become swimming and water safety skills that help them become safer and better swimmers. Preschool Aquatics puts the “fun” in fundamentals. Each class is 30 minutes in length and is loaded with enjoyable, engaging and challenging activities that motivate children to want to perform and learn to swim.

### Preschool Aquatics Level 1

In Preschool Aquatics Level 1, your child is introduced to basic skills. These skills lay the foundation for future skill development of swimming strokes. Certain milestones are necessary for successful completion of Level 1, including—

- Entering the water independently using ladder, steps or side and travel at least 5 yards.
- Submerging mouth and blowing bubbles for at least 3 seconds.
- Exiting the water safely.
- Gliding on front for at least 2 body lengths.
- Rolling to back and floating for 3 seconds.
- Recovering to a vertical position.

\*It is quite common for children to participate in several sessions of Level 1 before they are able to successfully demonstrate all the skills. That's okay!

### Preschool Aquatics Level 2

Some of the milestones in Level 2 include—

- Gliding on front at least 2 body lengths.
- Rolling to back, floating on back for 5 seconds then recovering to a vertical position.
- Gliding on back for at least 2 body lengths.
- Rolling to front, floating for 5 seconds then recovering to a vertical position.
- Swimming using combined arm and leg actions on front for 3 body lengths.
- Rolling to back, floating for 5 seconds, rolling to front then continuing to swim on front for 3 body lengths.

\*After successfully demonstrating the completion requirements from Level 2, children are eligible for either Preschool Aquatics Level 3 or American Red Cross Learn-to-Swim Level 3. Developmental readiness, maturity level and age help determine which course is more appropriate for your child.

### Preschool Aquatics Level 3

Some of the milestones in Level 3 include—

- Stepping from the side into chest-deep water.
- Moving into a front float for 5 seconds, rolling to back, floating for 5 seconds then recovering to a vertical position.
- Moving into a back float for 5 seconds, rolling to front then recovering to a vertical position.

- Pushing off and swimming using combined arm and leg actions on front for 5 body lengths.

\*Once your child has completed Preschool Aquatics, take time to celebrate! Your child has accomplished a significant goal by mastering the three levels of Preschool Aquatics. But, this journey is not complete. You should now register him or her for the American Red Cross Learn-to-Swim Level 3.

### American Red Cross Learn-to-Swim

American Red Cross Learn-to-Swim is made up of six levels of swimming and water safety instruction. As participants progress through the levels and develop these skills, they become safer and better swimmers. Each of these classes is 45 minutes in length.

### Level 1—Introduction to Water Skills

Your child is introduced to basic skills as the foundation for future skills. Certain milestones are necessary for successful completion of Level 1, including—

- Entering the water independently using ladder, steps or side.
- Traveling at least 5 yards, bobbing 3 times then safely exiting the water.
- Gliding on front supported at least 2 body lengths.
- Rolling to a back float for 3 seconds with support.
- Recovering to a vertical position with support.
- Recovering to a vertical position with support.

\*It is common for children to participate in several sessions of Level 1 before they successfully demonstrate each skill. That is okay! It is not important how quickly they move through a level, but that they acquire each skill.

### Learn-to-Swim Level 2—Fundamental Aquatic Skills

Some of the milestones that are necessary for successful completion of Level 2 include—

- Stepping from the side into chest-deep water.
- Moving into a front float for 5 seconds, rolling to back, floating for 5 seconds, then recovering to a vertical position.
- Moving into a back float for 5 seconds, rolling to back, floating for 5 seconds, then recovering to a vertical position.
- Moving into a back float for 5 seconds, rolling to front then recovering to a vertical position.
- Pushing off and swimming using combined arm and leg actions on front for 5 body lengths, rolling to the back, floating for 15 seconds, rolling to the front then continue swimming for 5 body lengths.

### Learn-to-Swim Level 3—Stroke Development

Some of the milestones in Level 3 include—

- Jumping into deep water from the side.
- Swimming the front crawl for 15 yards.
- Maintaining position by treading or floating for 30 seconds.
- Swimming the elementary backstroke for 15 yards.