

## Swim Lessons

### Session 1 July 7th thru July 18th

- Level 1 (preschool) 5:00pm to 5:30 pm
- Level 2 (preschool) 10:00am to 10:30am  
 or 5:30pm to 6:30pm  
 (youth) 10:30 am to 11:00am  
 or 6:00pm to 6:30pm
- Level 3 (youth) 6:30pm to 7:00pm

### Session 2 July 21st thru August 1st

- Level 1 (preschool) 10:00am to 10:30am
- Level 2 (preschool) 10:30am to 11:00am  
 or 5:00pm to 5:30pm  
 (youth) 5:30pm to 6:00pm
- Level 3 (youth) 6:00pm to 6:30pm
- Level 4 (youth) 6:30pm to 7:00pm
- Guardstart 7:00pm to 7:45pm  
 ( ages 11-14, must be level 4 swimmer )

### Session 3 August 4th thru August 15th

- Level 2 (preschool) 10:00am to 10:30am  
 (youth) 5:00pm to 5:30pm
- Level 3 (preschool) 10:30am to 11:00pm  
 (youth) 5:30pm to 6:00pm
- Level 4 (youth) 6:00pm to 6:30pm

## Swim Level Descriptions

### Swimming Level 1:

Introduction to Water Skills  
 Basic Level will introduce breath control, kicking, and floating skills

### Swimming Level 2

Fundamental Aquatic skills  
 Students must be comfortable putting their face in the water, able to hold their breath for 5 seconds. They will learn front and back swimming combinations.

### Swimming Level 3

Stroke Development  
 Student must be comfortable putting face in the water, and able to demonstrate front and back swimming combinations. They will learn front crawl, changing direction and introduction to diving.

### Swimming Level 4

Stroke Improvement  
 Student must be able to swim front crawl and back stroke 25 yards of the pool and demonstrate rotary breathing. They will perfect front crawl, backstroke, elementary backstroke and the scissors kick. Front dives will be taught as well.

### Guardstart

Student must be able to swim 100 yards of the pool, tread water for 3 mins. And retrieve an object from a depth of 7 feet. This course will teach basic water safety and rescue skills along with victim recognition and emergency action plan.

## Registration Form

	Time	Price/Mem	Price/Non Mem
<input type="checkbox"/> Session 1	<input type="text"/>	\$35.00	\$55.00
<input type="checkbox"/> Session 2	<input type="text"/>	\$35.00	\$55.00
<input type="checkbox"/> Session 3	<input type="text"/>	\$35.00	\$55.00
<input type="checkbox"/> Guardstart	<input type="text"/>	\$50.00	\$65.00

Subtotal: \_\_\_\_\_

Total: \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Method of Payment

Cash

Check

Mail registration form to :

American Red Cross LBCC  
 1909 Veterans Hwy.  
 Levittown, Pa 19056  
 Attn : Wendy Westberg

Phone: 215-946-4870 ext.114

Fax: 215-946-5690

Email: wwestberg@redcrosslbcc.org