

Lockhart I.S.D. Community Education
2021 American Red Cross Learn to Swim Program

(Sponsored by Lockhart I.S.D. and the Lockhart State Park)

To register online, visit www.lockhartisd.org and look for the “Summer Info.” tab at the top of the page
or

register at the M.L. Cisneros Education Support Center,
419 Bois D’Arc St., 512-398-0245

Office Hours: Monday – Friday 8:00 am – 12:00 pm; 1:00 pm – 4:30 pm

Summer Office Hours

7:30 am – 12:00 pm; 12:30 pm - 5:30 pm, Monday - Wednesday

7:30 am – 12:00 pm; 12:30 pm - 5:00 pm, Thursday

The office is closed on Fridays.

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PARENT AND CHILD AQUATICS CLASSES

Level 1 – For ages 6 months – 2 years old (parent or caregiver must accompany each child in the water) - one week session

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

Level 2 – For ages 2 - 3 years old (parent or caregiver must accompany each child in the water) - one week session

Learn more ways to enter and exit the water safely	Perform combined stroke on front and back with assistance
Submerge in a rhythmic pattern	Play safely in the water
Glide on the front and back with assistance	Experience wearing a life jacket

PRESCHOOL AQUATICS CLASSES (Ages 4-5)

Preschool Level 1 (parent or caregiver does not accompany child in the water) - two week session

Enter and exit water using ladder, steps, or side	Roll from front to back and back to front
Blow bubbles	Arm and hand treading action
Submerge mouth, nose and eyes	Alternating and simultaneous leg actions and arm actions on front and back
Open eyes under water and retrieve submerged objects	Combined arm and leg actions on front and back
Front and back glides and recover to a vertical position	
Back float for three seconds	

Preschool Level 2 (parent or caregiver does not accompany child in the water) - two week session

Enter water by stepping in from deck or low height	Back float for five seconds
Exit water using ladder, steps or side	Roll from front to back and back to front
Bobbing, five times	Tread water using arm and leg actions for 15 seconds
Open eyes under water and retrieve submerged objects	Combined arm and leg actions on front and back
Front and back glides and recover to a vertical position	Finning arm action on back
Front float for three seconds	

LEARN TO SWIM CLASSES (Ages 6 & up)

Level 1 – Introduction to Water Skills - two week session

Enter and exit water using ladder, steps, or side	Back float for five seconds
Blow bubbles for three seconds	Roll from front to back and back to front
Bobbing, five times	Treading water arm and hand actions
Open eyes under water and retrieve submerged objects	Alternating and simultaneous leg and arm actions on front and back
Front and back glides and recover to a vertical position	Combined arm and leg actions on front and back

Level 2 – Fundamental Aquatic Skills - two week session

Step or jump from the side into shoulder-deep water	Back float for 15 seconds
Exit water using ladder, steps, or side	Roll from front to back and back to front
Fully submerge and hold breath	Tread water for 15 seconds
Bobbing, ten times	Change direction of travel while swimming on front or back
Open eyes under water and retrieve submerged objects	Combined arm and leg actions on front and back
Rotary breathing	Finning arm action on back
Front and back glides and recover to a vertical position	Front, jellyfish and tuck floats for 10 seconds

Please see other side for more information →

Level 3 – Stroke Development - two week session

Jump into deep water from the side, submerge and return to the side
 Headfirst entry from the side in sitting and kneeling positions
 Bobbing while moving to safety
 Rotary breathing
 Survival float for 30 seconds

Back float for one minute
 Tread water for one minute
 Push off in streamlined position on front, then begin kicking
 Swim the front crawl for 15 yards
 Swim the elementary backstroke for 15 yards
 Flutter, scissors, breaststroke, and dolphin kicks

Level 4 – Stroke Improvement - two week session

Headfirst entry in compact and stride positions
 Swim under water
 Feetfirst surface dive
 Tread water, using two different kicks
 Survival swimming for one minute
 Front crawl for 25 yards
 Elementary backstroke for 25 yards

Breaststroke for 15 yards
 Back crawl for 15 yards
 Butterfly for 15 yards
 Sidestroke for 15 yards
 Open turns on the front and back
 Flutter and dolphin kicks on back
 Push off in streamlined position on back, then begin kicking

Level 5 – Stroke Refinement - two week session

Shallow-angle dive into deep water
 Tuck surface dive
 Pike surface dive
 Tread water for five minutes
 Tread water, using legs only, for two minutes
 Sculling for 30 seconds
 Front crawl for 50 yards

Elementary backstroke for 50 yards
 Breaststroke for 25 yards
 Back crawl for 25 yards
 Butterfly for 25 yards
 Sidestroke for 25 yards
 Front flip turn
 Backstroke flip turn

Level 6 – Advanced Options - two week session

Surface dive and retrieve object from the bottom, seven – ten feet deep
 Front crawl for 100 yards
 Elementary backstroke for 100 yards
 Breaststroke for 50 yards

Back crawl for 50 yards
 Butterfly for 50 yards
 Sidestroke for 50 yards
 Demonstrate open turns and front and back flip turns when swimming

CLASS SCHEDULE**CLASSES ARE HELD MONDAY THROUGH FRIDAY AT THE LOCKHART STATE PARK**

Session One	Class	Time	Fee	Session Two	Class	Time	Fee
June 7 - 11	P&C Level 1	9:45 – 10:15 am	\$50.00	July 12 - 16	P&C Level 1	9:45 – 10:15 am	\$50.00
June 7 - 11	P&C Level 2	10:20 – 10:50 am	\$50.00	July 12 - 16	P&C Level 2	10:20 – 10:50 am	\$50.00
June 7 - 11	P&C Level 1	7:00 – 7:30 pm	\$50.00	July 12 - 16	P&C Level 1	7:00 – 7:30 pm	\$50.00
June 7 - 11	P&C Level 2	7:35 – 8:05 pm	\$50.00	July 12 - 16	P&C Level 2	7:35 – 8:05 pm	\$50.00
June 14 - 25	PS Level 1 & 2	9:05 – 9:35 am	\$85.00	July 19 - 30	PS Level 1 & 2	9:05 – 9:35 am	\$85.00
June 14 - 25	PS Level 1 & 2	7:00 – 7:30 pm	\$85.00	July 19 - 30	PS Level 1 & 2	7:00 – 7:30 pm	\$85.00
June 14 - 25	Level 1	8:30 – 9:00 am	\$85.00	July 19 - 30	Level 1	8:30 – 9:00 am	\$85.00
June 14 - 25	Level 1	10:30 – 11:00 am	\$85.00	July 19 - 30	Level 1	10:30 – 11:00 am	\$85.00
June 14 - 25	Level 1	7:35 – 8:05 pm	\$85.00	July 19 - 30	Level 1	7:35 – 8:05 pm	\$85.00
June 14 - 25	Level 2	9:40 – 10:25 am	\$90.00	July 19 - 30	Level 2	9:40 – 10:25 am	\$90.00
June 14 - 25	Level 2	7:00 – 7:45 pm	\$90.00	July 19 - 30	Level 2	7:00 – 7:45 pm	\$90.00
June 14 - 25	Level 3	10:10 – 10:55 am	\$90.00	July 19 - 30	Level 3	10:10 – 10:55 am	\$90.00
June 14 - 25	Level 3	7:50 – 8:35 pm	\$90.00	July 19 - 30	Level 3	7:50 – 8:35 pm	\$90.00
June 14 - 25	Level 4	9:20 – 10:05 am	\$90.00	July 19 - 30	Level 4	9:20 – 10:05 am	\$90.00
June 14 - 25	Level 4	8:10 – 8:55 pm	\$90.00	July 19 - 30	Level 4	8:10 – 8:55 pm	\$90.00
June 14 - 25	Level 5/6	8:30 – 9:15 am	\$90.00	July 19 - 30	Level 5/6	8:30 – 9:15 am	\$90.00