



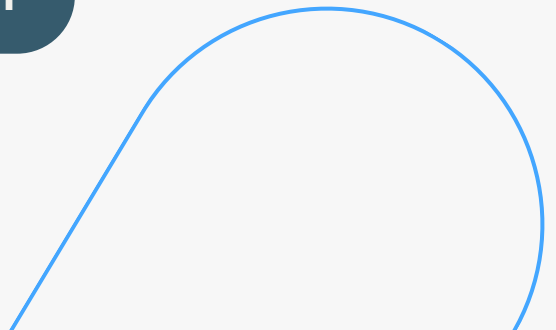
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Swim Lesson Information

Level descriptions and FAQs.

Cornerstone Aquatics Center



Level Descriptions

Red Cross Curriculum is used
at Cornerstone

Parent / Infant (6 mos. - 3 yr)

Parent/Child 1 (PC1). - This class is for parents with children ages 6-18 months. This is a water introduction class where comfort in the water and submerging are taught in a low pressure and fun environment. Water experimentation, blowing bubbles, and basic skills are instructed through songs and activities.

Parent/Child 2 (PC2). - This class is for children between the ages of 1 1/2 and 3 years. This class expands on some skills learned in the first course, but adds some more difficult skills such as floating, submersion, and gliding.

Preschool (3 - 5 yr)

Preschool 1 (PS 1). - This class is for children who are comfortable in a class setting without the parent present. Kids should be comfortable entering the water unassisted. This class works on basic beginner skills- kicking, reaching and scooping, floating, blowing bubbles and getting face wet.

Preschool 2 (PS 2). - The focus is independent aquatic locomotion skills. Children continue to explore simultaneous and alternating arm and leg actions on the front and back to gain more proficiency for future strokes. Must be comfortable submerging head and face.

Preschool 3 (PS 3). - This class teaches children to perform their skills independently. They are taught to improve coordination of combined arm and leg actions and alternating arm and leg actions.

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Children 5 yr & up

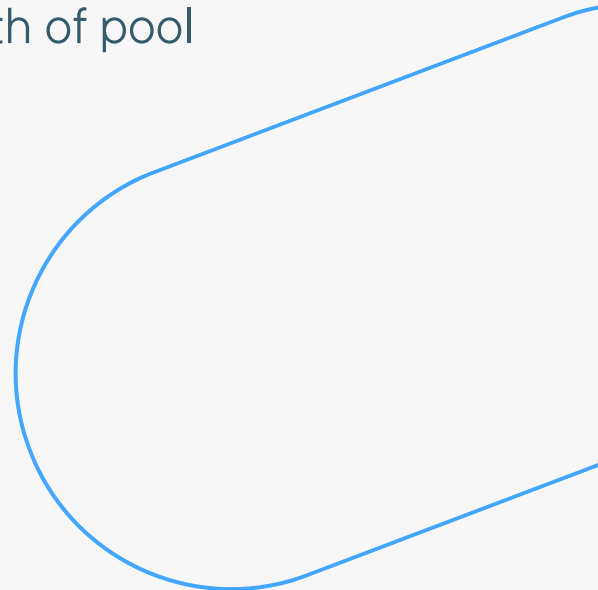
Level 1 - *Introduction to Water Skills* - They should be able to participate in a group setting without a parent present. Will work on basic beginner skills- kicking, reaching and scooping, floating, blowing bubbles and getting face wet.

Level 2 - *Fundamental Aquatic Skills* - Children in this level should be comfortable submerging head & face and opening eyes underwater, able to blow bubbles under water for 3 seconds, front float and glide (head submerged) with assistance, and be comfortable entering the water unassisted.

Level 3 - *Stroke Development*

Skills required:

- Fully submerge body and hold breath for 10 seconds
- Do 10 bobs with head submerged and blowing bubbles
- Float on front and back 15 seconds without assistance
- Be comfortable in water over their head, tread water for 15 seconds
- Demonstrate rotary breathing at least 5 times
- Swim on front/back using strokes for length of pool



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Level 4 - *Stroke Improvement*

Skills required:

- Be able to tread water for 1 minute
- Back float for 1 min. in deep water
- Be able to do sitting & kneeling dive
- Swim 15 yards Front Crawl w/ rotary breathing
- Perform Breaststroke kick for 15 yards
- Perform Elementary Backstroke for 15 yards
- Scissors Kick for 15 yards
- Swim 25 yards using Front Crawl and/or Elementary Backstroke

Level 5/6 - *Stroke Refinement*

Skills required:

- Swim 50 yards without stopping using Front Crawl/Elementary Backstroke
- Tread water 2 minutes, swim underwater 3-5 body length
- Dive from a standing position
- Front Crawl w/breathing 25 yards
- Breaststroke 15 yards
- Butterfly 15 yards

Stroke and Fitness - *Fitness Swimmer*

Skills required:

- Swim 50 yards of Front Crawl
- Swim 25 yards of Butterfly
- Swim 25 yards Breaststroke
- Swim 50 yards Elementary Backstroke
- Perform a front and back flip turn



Swim Lessons

FAQs

How do I sign up for lessons?

You can sign up on cornerstone.recdesk.com. Registration dates are posted on Facebook and sent out via our weekly email.

To receive emails: contact megan.stegner@hfit.com.

What do I do when I arrive for swim lessons?

Let the front desk know you're here for lessons. You may use a locker room to change and head to the pool deck. There will be a sign with your level's name, where you will meet your instructor and classmates.

What do I need to bring for swim lessons?

A bathing suit, swim diaper (if applicable), goggles, towel, and a lock for a locker. Towels and locks are not provided. Swim caps are optional.

Where can I get changed and store my belongings?

We have a Men's and Women's locker room, as well as two Family Changing Rooms. Showers and lockers are located in each of these rooms.

How do I know what level to sign up my child for next session?

Your instructor will provide you with a card suggesting level placement approximately 1-2 weeks before registration.

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Questions?

Contact Nathaniel Poirier
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