

# Indoor Swimming Lessons

## Red Cross Swimming Lessons

Red Cross guidelines are followed. General skills for each level may be picked up at our office or viewed online at [marshalltownparkandrec.com](http://marshalltownparkandrec.com)

Location: Pleasant Hill Pool - Central Rivers AEA Building (909 S 12th St)

Classes are 30 minutes      Min: 1/Max: 5      Cost: \$40 per session

Marshalltown Youth Foundation offers financial assistance.

<b>Session 1</b> <i>Enroll by October 9</i>	<b>Levels</b>	<b><u>5:30 pm</u></b>	<b><u>6:15 pm</u></b>
<b>October 14-November 6</b> <b>Mondays &amp; Wednesdays</b>	Intro to Water - 0-2 year olds	IW53010	IW61510
	Pre-School w/out parent - 3 -5 year olds	PWO53010	PWO61510
	Pre-School w/parent - 3-5 year olds	PW53010	PW61510
<b>October 15-November 12</b> <b>Tuesdays &amp; Thursdays</b> <i>No Class October 31st</i>	Level 1-Introduction to Water	LTS153010	LTS161510
	Level 2-Fundamental Aquatic Skills	LTS253010	LTS261510
	Level 3 -Stroke Development	LTS353010	LTS361510
	Level 4-Stroke Improvement	LTS453010	LTS461510
<b>Session 2</b> <i>Enroll by January 8</i>	<b>Levels</b>	<b><u>5:30 pm</u></b>	<b><u>6:15 pm</u></b>
<b>January 13-February 5</b> <b>Mondays &amp; Wednesdays</b>	Intro to Water - 0-2 year olds	IW5301	IW6151
	Pre-School w/out parent - 3 -5 year olds	PWO5301	PWO6151
	Pre-School w/parent - 3-5 year olds	PW5301	PW6151
<b>January 14-February 6</b> <b>Tuesdays &amp; Thursdays</b>	Level 1-Introduction to Water	LTS15301	LTS16151
	Level 2-Fundamental Aquatic Skills	LTS25301	LTS26151
	Level 3 -Stroke Development	LTS35301	LTS36151
	Level 4-Stroke Improvement	LTS45301	LTS46151
<b>Session 3</b> <i>Enroll by February 12</i>	<b>Levels</b>	<b><u>5:30 pm</u></b>	<b><u>6:15 pm</u></b>
<b>February 17 - March 11</b> <b>Mondays &amp; Wednesdays</b>	Intro to Water - 0-2 year olds	IW5302	IW6152
	Pre-School w/out parent - 3 -5 year olds	PWO5302	PWO6152
	Pre-School w/parent - 3-5 year olds	PW5302	PW6152
<b>February 18 - March 12</b> <b>Tuesdays &amp; Thursdays</b>	Level 1-Introduction to Water	LTS15302	LTS16152
	Level 2-Fundamental Aquatic Skills	LTS25302	LTS26152
	Level 3 -Stroke Development	LTS35302	LTS36152
	Level 4-Stroke Improvement	LTS45302	LTS46152
<b>Session 4</b> <i>Enroll by March 18</i>	<b>Levels</b>	<b><u>5:30 pm</u></b>	<b><u>6:15 pm</u></b>
<b>March 23 - April 15</b> <b>Mondays &amp; Wednesdays</b>	Intro to Water - 0-2 year olds	IW5303	IW6153
	Pre-School w/out parent - 3 -5 year olds	PWO5303	PWO6153
	Pre-School w/parent - 3-5 year olds	PW5303	PW6153
<b>March 24 - April 16</b> <b>Tuesdays &amp; Thursdays</b>	Level 1-Introduction to Water	LTS15303	LTS16153
	Level 2-Fundamental Aquatic Skills	LTS25303	LTS26153
	Level 3 -Stroke Development	LTS35303	LTS36153
	Level 4-Stroke Improvement	LTS45303	LTS46153

# Swimming Lesson Skills By Level

## Learn to Swim

(Age 5 to 105)

### Level 1

- + Enter and exit water using ramps, steps or side
- + Blow bubbles for 3 seconds
- + Bobbing 5 times
- + Open eyes under water & retrieve submerged objects
- + Front & back glide & recover to a vertical position
- + Back float for 5 seconds
- + Roll from front to back and back to front
- + Treading water arm & hand actions
- + Alternating leg & arm actions on front & back
- + Combined arm and leg actions on front and back

### Level 2

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

### Level 3

- + Jump into deep water from side, submerge & return to side
- + Headfirst entry from side in seated or kneeling position
- + Bobbing while moving to safety
- + Rotary breathing
- + Survival float for 30 seconds
- + Back float for 1 minute
- + Tread water for 1 minute
- + Change from vertical to horizontal position/front and back
- + Push off in streamlined position on front & begin kicking
- + Swim the front crawl for 15 yards
- + Swim the elementary backstroke for 15 yards
- + Flutter, scissors, breaststroke and dolphin kicks

### Level 4

- + Headfirst entry in compact & stride positions
- + Feet-first surface dive
- + Swim underwater
- + Tread water, using 2 different kicks
- + Survival swim for 1 minute
- + Front crawl - 25 yards
- + Elementary backstroke - 25 yards
- + Breaststroke - 15 yards
- + Back crawl - 15 yards
- + Butterfly - 15 yards
- + Sidestroke - 15 yards
- + Open turns on the front and back
- + Flutter and dolphin kicks on back
- + Push off in streamlined position on back & begin kicking

## Intro to Water Lessons

(Ages 0-2 years old, with a parent)

Lessons for ages 0-2 is to teach safe behaviors around the water and develop swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on and around water.

## Preschool Lessons

(Age 3-5 years old, with or w/no parent)

May be performed with assistance:

- + Exit water using ladder, steps or side
- + Enter water by stepping in from deck or low height
- + Jump in to shoulder deep water
- + Blow bubbles
- + Fully submerge, hold breath & retrieve objects
- + Bobbing 5-10 times
- + Front & back glide & recover to a vertical position
- + Back float for 3-15 seconds
- + Front, jellyfish & tuck floats
- + Roll from front to back & back to front
- + Tread water for 15-30 seconds
- + Combined arm and leg actions on front and back
- + Finning arm action on back

Red Cross guidelines are followed. Class sizes are limited and may be combined or cancelled due to low enrollment. Due to skill level, children may be moved to different classes.

For Cancellation information, Call 641-754-5779 or Visit our Facebook Page at Marshalltown Parks and Recreation Department

### Ways to Enroll

**Online:** [www.marshalltownparkandrec.com](http://www.marshalltownparkandrec.com)  
click Online Activity Enrollment.

**Office:** Enroll Monday - Friday, at 10 West State,  
between 8:30 a.m. and 4:30 p.m.

**Phone:** Call (641) 754-5715 with credit/debit card  
and email information.

*Paying with credit or debit card will include a  
3% plus \$0.30 transaction fee.*