

Lacombe Kinsmen Aquatic Centre

Red Cross Learn to Swim Adapted Swim Lessons Spring 2019



Times, Levels & Rates	MONDAYS April 29-June 24 (No Class May 20)
Preschool \$44.00	3:30-4:00 pm
Beginner \$45.50	4:00-4:30 pm
Intermediate \$54.00	Scheduled on request

How are swimmers Evaluated?

Swimmers are evaluated based on performance criteria and complete the level once all the criteria has been achieved. Performance criteria is based on the corresponding Red Cross Swim Preschool or Red Cross Swim Kids level.

What are Red Cross Learn-to-Swim Adapted Lessons?

Small-group lessons geared for swimmers of all ages and abilities with physical, intellectual, sensory and/or health related impairments. Caregivers are welcome!

Swimmers progress through the Red Cross Preschool and Swim levels in small classes of no more than 3 participants. Instructors use both verbal and non-verbal teaching methods to break down the skills into smaller, more manageable steps for their swimmers.

- Preschool:** Red cross lessons for swimmers age 2-6. There are 5 levels: Sea Otter, Salamander, Sunfish, Crocodile and Whale.
- Beginner:** Red Cross lessons for Swimmers level 1-3. We work on the basics such as breathing, floats, glides, front swim, back swim and increasing distances swum to 15 meters.
- Intermediate:** Red Cross Lessons for swimmers levels 4-6. We work on developing front crawl, back crawl, whip kick and increasing distance swims up to 75 meters.
- Advanced:** Red Cross lessons for swimmers levels 7-10. Swimmers continue to refine their front crawl, back crawl, elementary back stroke, breaststroke, and sidestroke. Swimmers will progress their distance swim up to 500 meters.