

# SWIMMING LESSONS FALL/WINTER 2015-16

## PARENT AND CHILD

Length: 30 minutes • Capacity: 10 students/1 teacher

This course is designed as a child's first aquatic experience. Children should be 2 years of age. The goal of this class is to help children become acquainted with the water and to teach parents how to help their children achieve this. This class requires a parent to participate in the water with the child.

**Fall Saturdays**  
Sept. 26-Nov. 7 – \$30  
10:30 a.m.

**Winter Saturdays**  
Jan. 9-Feb. 13 – \$30  
10:30 a.m.

## BEGINNER

Length: 30 minutes • Capacity: 4 students/1 teacher

This course is for children who have reached their third birthday and are ready to attend class without their parent in the water with them. Because 2-year-olds are not developmentally ready for the skills in this class, it is not appropriate for them. The major skills in this level are submerge the face for 3 seconds comfortably, swim on front and back with support, float on front with face in the water for 3 seconds with support, and float on back for 3 seconds.

**Fall Saturdays**  
Sept. 26-Nov. 7 – \$30  
9:00 a.m.  
9:30 a.m.  
10:00 a.m.  
11:00 a.m.  
11:30 a.m.  
12:00 p.m.  
12:30 p.m.

**Winter Saturdays**  
Jan. 9-Feb. 13 – \$30  
9:00 a.m.  
9:30 a.m.  
10:00 a.m.  
11:00 a.m.  
11:30 a.m.  
12:30 p.m.

## SWIMMING LESSON PROGRAM DESCRIPTION

The new American Red Cross Swimming and Water Safety program features six levels of Learn to Swim instruction to help swimmers of all ages and abilities develop their swimming and water safety skills. It is designed to give students a positive learning experience.

American Red Cross Learn to Swim teaches aquatic and safety skills in a logical progression. The objective is to teach people to swim and to be safe in, on and around the water.

## LEVEL 1: INTRODUCTION TO WATER SKILLS

Length: 30 minutes • Capacity: 5 students/1 teacher

This course is designed for children who have passed beginners or are comfortable with their face in the water and swimming on front and back with support. The major skills in this level are submerge whole head 3 times and blow bubbles, float on front and back for 3 seconds without support, swim on front with face in the water for 5 yards unassisted, and swim on back for 5 yards unassisted.

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9:00 a.m.  
9:30 a.m.  
10:30 a.m.  
11:00 a.m.  
11:30 a.m.  
12:00 p.m.

**Winter Saturdays**  
Jan. 9-Feb. 13 – \$30  
9:00 a.m.  
9:30 a.m.  
10:00 a.m.  
10:30 a.m.  
11:00 a.m.  
12:00 p.m.

## LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Length: 30 minutes • Capacity: 5 students/1 teacher

The purpose of this course is to give students success with fundamental skills. The major skills in this level are treading water for 30 seconds unassisted, float on front and back for 5 seconds, swim on front for 10 yards with face in the water, swim on back for 10 yards body horizontally.

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10:00 a.m.  
11:00 a.m.  
11:30 a.m.  
12:30 p.m.

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10:00 a.m.  
10:30 a.m.  
11:30 a.m.  
12:00 p.m.  
12:30 p.m.

## PROGRAM FEATURES

- Top-quality instructors certified through the American Red Cross. The instructors are fully updated in all Red Cross revisions and changes. The instructors are also college students who have teaching experience, swimming expertise, and patience with children.
- Small class size, which guarantees individual attention. The student-teacher ratio is 4:1 for beginners, 5:1 for levels 1-2, and 6:1 for levels 3-6 and diving lessons.

## LEVEL 3: STROKE DEVELOPMENT

Length: 50 minutes • Capacity: 6 students/1 teacher

The purpose of this course is to build on the fundamentals of locomotion and safety skills learned in level 2. The major skills in this level are dive from the side in a kneeling position, tread water for 1 minute, front crawl for 15 yards using rhythmic breathing, elementary backstroke for 15 yards, whip kick on front and back for 15 yards, and dolphin kick.

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12:00 p.m.

## LEVEL 4: STROKE IMPROVEMENT

Length: 50 minutes • Capacity: 6 students/1 teacher

The purpose of this course is to develop confidence and competency in aquatic locomotion and safety skills. The major skills in this level are dive from the side in the standing position, tread water for 2 minutes, front crawl for 25 yards using rhythmic breathing and body roll, breaststroke for 15 yards using proper timing (pull, breathe, kick, glide), elementary backstroke for 25 yards, back crawl for 15 yards with body roll, dolphin kick for 15 yards and scissors kick on side for 15 yards.

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11:00 a.m.  
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10:00 a.m.

## LEVEL 5: STROKE REFINEMENT

Length: 50 minutes • Capacity: 6 students/1 teacher

The purpose of this course is to coordinate and refine key strokes learned in previous levels. The major skills in this level are tread water for 4 minutes, front crawl for 50 yards with minimal head movement, breaststroke for 25 yards body horizontal, butterfly for 10 yards, elementary backstroke for 50 yards with arms fully extended at glide, back crawl for 25 yards with bent arm pull, and sidestroke for 25 yards with glide.

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12:00 p.m.

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11:00 a.m.

## LEVEL 6: PERSONAL WATER SAFETY

Length: 50 minutes • Capacity: 6 students/1 teacher

The purpose of this course is to develop proficient strokes and safety in the water. A major skill in this level is swimming 500 yards continuously as follows: 100 yards front crawl, 100 yards elementary back stroke, 50 yards breaststroke, 50 yards back stroke, 50 yards sidestroke, 25 yards butterfly and 125 yards choice. The additional skills in this class are pike, tuck and feet-first surface dives, HELP and huddle position with lifejackets, tread water for 5 min (2 min kick only), retrieve brick from 7-10 feet of water, and survival float, back float and survival swim for 5 minutes.

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## OUR MISSION

The purpose of Concordia's Swimming Lessons program is to teach basic water safety skills that will enable children to make swimming a lifelong activity.

## ONLINE REGISTRATION INFORMATION

You can register **online**, over the phone or in the swimming office with a credit card (Visa, MasterCard or Discover). You can also pay with cash or check in the swimming office, which is located in Memorial Auditorium 163, adjacent to the pool.

Fall Registration will open on Aug. 24. Winter Registration will open on Dec. 7. Office registration hours are Monday-Friday from 9 a.m. to 5 p.m. To register online, visit [www.ConcordiaCollege.edu/swim](http://www.ConcordiaCollege.edu/swim) and choose the appropriate link. If you have any questions, please call the swimming office at (218) 299-4469. Concordia faculty, staff and alumni please call to register.

\*\*If your child has a disability or special needs, please call the registration office.\*\*

**Refund Policy** – Refunds are not allowed. Refunds will not be given out for classes canceled for reasons beyond our control or when an individual is registered for the wrong class.

**Transfer Policy** – You may transfer two weeks prior to the start of your scheduled session depending on availability. Transfers can only be completed by phone or in the swimming office.

\*\*We reserve the right to cancel classes that do not have any enrollment.\*\*

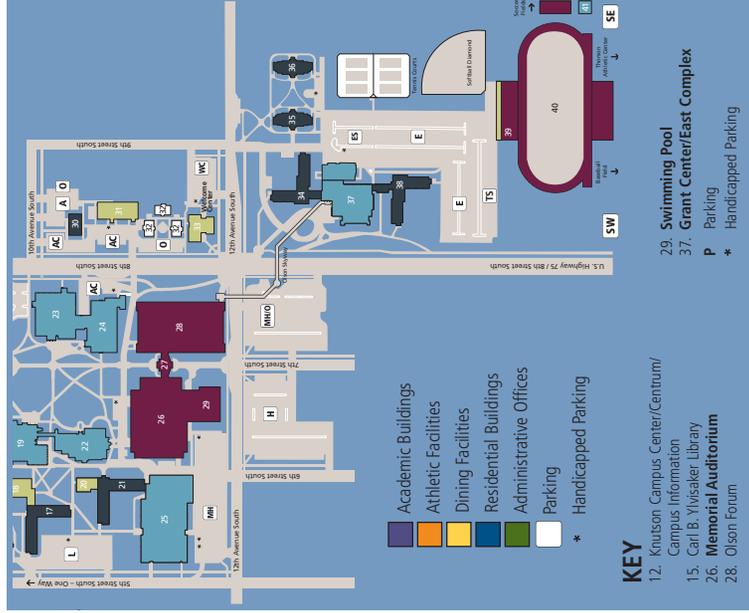
(218) 299-4469 For more information, visit [ConcordiaCollege.edu/swim](http://ConcordiaCollege.edu/swim)

# SWIMMING LESSONS FALL AND WINTER 2015-16

**CONCORDIA  
COLLEGE**  
*Department of Physical Education  
and Health/Athletics*

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