

Lockhart I.S.D. Community Education
2019 American Red Cross Learn to Swim Program

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

Registration Location

M.L. Cisneros Education Support Center
419 Bois D'Arc St, Lockhart
Phone: (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.

PARENT AND CHILD AQUATICS CLASSES

Level 1 – For ages 6 months – 2 years old (parent or caregiver must accompany each child in the water) - \$40.00 for one week session

Enter and exit the water safely
Feel comfortable in the water
Submerge and explore breath control
Explore floating on the back and front

Change body position in the water
Play safely in the water
Experience wearing a life jacket

Level 2 – For ages 2 - 3 years old (parent or caregiver must accompany each child in the water) - \$40.00 for one week session

Learn more ways to enter and exit the water safely
Submerge in a rhythmic pattern
Glide on the front and back with assistance

Perform combined stroke on front and back with assistance
Play safely in the water
Experience wearing a life jacket

PRESCHOOL AQUATICS CLASSES (Ages 4-5)

Preschool Level 1 (parent or caregiver does not accompany child in the water) - \$65.00 for two week session

Enter and exit water using ladder, steps, or side
Blow bubbles
Submerge mouth, nose and eyes
Open eyes under water and retrieve submerged objects
Front and back glides and recover to a vertical position
Back float for three seconds

Roll from front to back and back to front
Arm and hand treading action
Alternating and simultaneous leg actions and arm actions on front and back
Combined arm and leg actions on front and back

Preschool Level 2 (parent or caregiver does not accompany child in the water) - \$65.00 for two week session

Enter water by stepping in from deck or low height
Exit water using ladder, steps or side
Bobbing, five times
Open eyes under water and retrieve submerged objects
Front and back glides and recover to a vertical position
Front float for three seconds

Back float for five seconds
Roll from front to back and back to front
Tread water using arm and leg actions for 15 seconds
Combined arm and leg actions on front and back
Finning arm action on back

LEARN TO SWIM CLASSES (Ages 6 & up)

Level 1 – Introduction to Water Skills - \$65.00 for two week session

Enter and exit water using ladder, steps, or side
Blow bubbles for three seconds
Bobbing, five times
Open eyes under water and retrieve submerged objects
Front and back glides and recover to a vertical position

Back float for five seconds
Roll from front to back and back to front
Treading water arm and hand actions
Alternating and simultaneous leg and arm actions on front and back
Combined arm and leg actions on front and back

Level 2 – Fundamental Aquatic Skills - \$70.00 for two week session

Step or jump from the side into shoulder-deep water
Exit water using ladder, steps, or side
Fully submerge and hold breath
Bobbing, ten times
Open eyes under water and retrieve submerged objects
Rotary breathing
Front and back glides and recover to a vertical position

Back float for 15 seconds
Roll from front to back and back to front
Tread water for 15 seconds
Change direction of travel while swimming on front or back
Combined arm and leg actions on front and back
Finning arm action on back
Front, jellyfish and tuck floats for 10 seconds

Please see other side for more information →

Level 3 – Stroke Development - \$70.00 for 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 - \$70.00 for 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 - \$70.00 for 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 - \$70.00 for 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		Session Two	Class	Time
June 10 - 14	P&C Level 1	10:30 – 11:00 am		July 8 - 12	P&C Level 1	10:30 – 11:00 am
June 10 - 14	P&C Level 2	11:05 – 11:35 am		July 8 - 12	P&C Level 2	11:05 – 11:35 am
June 10 - 14	P&C Level 1	7:00 – 7:30 pm		July 8 - 12	P&C Level 1	7:00 – 7:30 pm
June 10 - 14	P&C Level 2	7:35 – 8:05 pm		July 8 - 12	P&C Level 2	7:35 – 8:05 pm
June 17 – 28	PS Level 1	8:30 – 9:00 am		July 15 - 26	PS Level 1	8:30 – 9:00 am
June 17 – 28	PS Level 2	9:05 – 9:35 am		July 15 - 26	PS Level 2	9:05 – 9:35 am
June 17 – 28	PS Level 1 & 2	7:00 – 7:30 pm		July 15 - 26	PS Level 1 & 2	7:00 – 7:30 pm
June 17 - 28	Level 1	8:30 – 9:00 am		July 15 - 26	Level 1	8:30 – 9:00 am
June 17 - 28	Level 1	9:05 – 9:35 am		July 15 - 26	Level 1	9:05 – 9:35 am
June 17 - 28	Level 1	7:35 – 8:05 pm		July 15 - 26	Level 1	7:35 – 8:05 pm
June 17 - 28	Level 2	9:40 – 10:25 am		July 15 - 26	Level 2	9:40 – 10:25 am
June 17 - 28	Level 2	9:40 – 10:25 am		July 15 - 26	Level 2	9:40 – 10:25 am
June 17 - 28	Level 2	10:30 – 11:15 am		July 15 - 26	Level 2	10:30 – 11:15 am
June 17 - 28	Level 2	7:00 – 7:45 pm		July 15 - 26	Level 2	7:00 – 7:45 pm
June 17 - 28	Level 3	10:10 – 10:55 am		July 15 - 26	Level 3	10:10 – 10:55 am
June 17 - 28	Level 3	10:30 – 11:15 am		July 15 - 26	Level 3	10:30 – 11:15 am
June 17 - 28	Level 3	7:50 – 8:35 pm		July 15 - 26	Level 3	7:50 – 8:35 pm
June 17 - 28	Level 4	9:20 – 10:05 am		July 15 - 26	Level 4	9:20 – 10:05 am
June 17 - 28	Level 4	8:10 – 8:55 pm		July 15 - 26	Level 4	8:10 – 8:55 pm
June 17 - 28	Level 5/6	8:30 – 9:15 am		July 15 - 26	Level 5/6	8:30 – 9:15 am
June 17 - 28	Level 5/6	Please call for more information		July 15 - 26	Level 5/6	Please call for more information