

Lockhart I.S.D. Community Education

2022 American Red Cross Learn to Swim Program

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

To register online, visit www.lockhartisd.org, click on the MENU button, and look for the "Summer Info 2022" tab or register in person at the M.L. Cisneros Education Support Center, 419 Bois D'Arc St., 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) - 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) - 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) - 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
Combined arm and leg actions on front and back

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
Back float for three seconds

Preschool Level 2 (parent or caregiver does not accompany child in the water) - 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 - 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
Combined arm and leg actions on front and back

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

Level 2 – Fundamental Aquatic Skills - 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

Level 3 – Stroke Development - 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 - 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 - 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 - 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
 Demonstrate open turns and front and back flip turns when swimming

Back crawl for 50 yards
 Butterfly for 50 yards
 Sidestroke for 50 yards
 Breaststroke for 50 yards

CLASS SCHEDULE**CLASSES ARE HELD MONDAY THROUGH FRIDAY AT THE LOCKHART STATE PARK**

Session 1	Class	Time	Fee	Session 2	Class	Time	Fee
June 13 - 17	P&C Level 1	9:45 – 10:15 am	\$50.00	July 11 - 15	P&C Level 1	9:45 – 10:15 am	\$50.00
June 13 - 17	P&C Level 2	10:20 – 10:50 am	\$50.00	July 11 - 15	P&C Level 2	10:20 – 10:50 am	\$50.00
June 13 - 17	P&C Level 1	7:00 – 7:30 pm	\$50.00	July 11 - 15	P&C Level 1	7:00 – 7:30 pm	\$50.00
June 13 - 17	P&C Level 2	7:35 – 8:05 pm	\$50.00	July 11 - 15	P&C Level 2	7:35 – 8:05 pm	\$50.00
June 20 - July 1	PS Level 1 & 2	9:05 – 9:35 am	\$85.00	July 18 - 29	PS Level 1 & 2	9:05 – 9:35 am	\$85.00
June 20 - July 1	PS Level 1 & 2	7:00 – 7:30 pm	\$85.00	July 18 - 29	PS Level 1 & 2	7:00 – 7:30 pm	\$85.00
June 20 - July 1	Level 1	8:30 – 9:00 am	\$85.00				
June 20 - July 1	Level 1	10:30 – 11:00 am	\$85.00	July 18 - 29	Level 1	10:30 – 11:00 am	\$85.00
June 20 - July 1	Level 1	7:35 – 8:05 pm	\$85.00	July 18 - 29	Level 1	7:35 – 8:05 pm	\$85.00
June 20 - July 1	Level 2	9:40 – 10:25 am	\$90.00	July 18 - 29	Level 2	9:40 – 10:25 am	\$90.00
June 20 - July 1	Level 2	7:00 – 7:45 pm	\$90.00	July 18 - 29	Level 2	7:00 – 7:45 pm	\$90.00
June 20 - July 1	Level 3	10:10 – 10:55 am	\$90.00	July 18 - 29	Level 3	10:10 – 10:55 am	\$90.00
June 20 - July 1	Level 3	7:50 – 8:35 pm	\$90.00	July 18 - 29	Level 3	7:50 – 8:35 pm	\$90.00
June 20 - July 1	Level 4	9:20 – 10:05 am	\$90.00	July 18 - 29	Level 4	9:20 – 10:05 am	\$90.00
June 20 - July 1	Level 4	8:10 – 8:55 pm	\$90.00	July 18 - 29	Level 4	8:10 – 8:55 pm	\$90.00
June 20 - July 1	Level 5/6	8:30 – 9:15 am	\$90.00	July 18 - 29	Level 5/6	8:30 – 9:15 am	\$90.00