

# ANKENY GOLF AND COUNTRY CLUB

## RED CROSS SWIM LESSONS



The Ankeny Golf and Country Club will once again offer the **Red Cross Swim Program**. The Learn to Swim classes offer several levels for various ages and physical abilities. The Red Cross classes are taught by certified Water Safety Instructors. The Ankeny Golf and Country Club is offering Levels 1-6 depending on the number enrolled in each class. The lessons are 40 minutes (**level one is only 30 minutes**) for 8 classes with one rain make-up day. The lessons are open to members, family, and friends. Lessons are according to ability, not to age. Private lessons are also going to be offered and they will be arranged with the club. Private lesson cost for five (5) ½ hour lessons for AGCC members \$75/ \$100 for non-members.

### **The Learn to Swim Program/Group Lessons**

**Session 1: June 15 - June 23** (June 15, 16, 17, 18, 21, 22, 23, and 25)

**RECENTLY UPDATED**

**Session 2: July 12 - July 23** (July 12, 13, 14, 16, 19, 20, 21 and 23)

**Where:** Ankeny Golf and Country Club Pool

**Fees:** \$30 per student for AGCC members / \$70 per student for non-members

### **Schedule of Classes for the Learn to Swim Program/Group Lessons\***

<u>Time</u>	<u>Levels</u>
9:00-9:40 am	Level 6
9:00-9:40 am	Level 5
9:00-9:40 am	Level 2
9:45-10:25 am	Level 4
9:45-10:25 am	Level 3
9:45-10:15 am	Level 1 (Level 1 class only 30 minutes long)
10:30-11:10 am	Level 4
10:30-11:10 am	Level 3
10:30-11:00 am	Level 1 (Level 1 class only 30 minutes long)
11:15-11:55 am	Level 2

**\*Times and level offerings subject to change due to participation.**

## **Description of the levels:**

**Level 1** (Introduction to Water Skills) **Must be four years of age.** Enter/exit water independently. Blow bubbles 3 seconds; Front and back supported float; Bounce up and down in chest deep water 5 times; Supported kicking front and back; safety rules (**Class length only 30 minutes long**)

**Level 2** (Primary Skills) Hold breath and submerge head 5 seconds; Submerge and retrieve object in shallow water; Front and back float, unsupported and recover 5 seconds; Bob 5 times; Front and back glide 2 body lengths; personal safety and rescue. Prerequisite: red cross certificate from level 1 or successful demonstration of all requirements from level 1.

**Level 3** (Stroke Development) Retrieve object from bottom, in chest deep water; Bob, submerging head completely 5 times; Jump into deep water from side of pool; Dive from side of pool from kneeling position; Front and back glide with push-off 2 body lengths; Front crawl, face in water, side breathing 15 yds; Back crawl 15 yds; Tread water 30 seconds; personal safety and rescue. Prerequisite: red cross certificate from level 2 or successful demonstration of all requirements from level 2.

**Level 4** (Stroke Improvement) Tread water 1 minute; Swim underwater 3 body lengths; Feet first surface dive; Dive from side of pool from stride and standing positions; Breaststroke, Sidestroke, Butterfly and Elementary Backstroke 15 yds; Front and back crawl 25 yds, rotary breathing; Introduce turns at the wall. Prerequisite: red cross certificate from level 3 or successful demonstration of all requirements from level 3.

**Level 5** (Stroke Refinement) Swim underwater 15 yds; Shallow dive from side of pool; Breaststroke/sidestroke 25 yds; Elementary backstroke/butterfly 25 yds; Front and back crawl 50 yds; personal safety and rescue. Prerequisite: red cross certificate from level 4 or successful demonstration of all requirements from level 4.

**Level 6** (Skill Proficiency/Personal Water Safety) Refine strokes and prepare participants for competitive swimming. Teach students how to prevent aquatic emergencies. Introduce and practice self-rescue. Prerequisite: red cross certificate from level 5 or successful demonstration of all requirements from level 5.

***\*\*Class sessions and/or times may be changed due to class size/participation\*\****

**Please contact Kelly Martin at  
martink1@central.edu if you have any questions  
about red cross or private swim lessons.**