

April 2008

Dear Parents:

Please find enclosed information and registration materials for the 2008 American Red Cross Learn to Swim Program offered through Martinsburg-Berkeley County Parks & Recreation. The ARC Skill Level listing is reproduced on the back of the schedule of classes. Please note the following information for the 2008 American Red Cross Learn to Swim Program at Martinsburg-Berkeley County Parks & Recreation.

- **Level 4 classes will be broken into beginners and advanced. If your child passed Level 4 beginner or Level 4 intermediate in 2007, he/she will be placed in Level 4 advanced in 2008.** Please refer to the information on the back of the registration form for Level 4 classes.
- **For Levels 1,2,3,4 and Guard Start:** at the conclusion of your class, the instructor will inform you as to whether or not your child has passed the class. American Red Cross cards will be issued and sent to the address given on the child's form by the end of August.

Additionally, please note: ***A child must be 6 years old prior to the beginning of class to enroll in Level 1. Children under the age of 6 will not be water tested. They should be registered in the age appropriate class.***

Please take a moment to read over the information and fill out the registration form. Please note: ***If your child participated in our program last year, there is a number above the child's name on the address label. This number indicates the level for which you should register that child this year. If that is different from what was indicated on last year's Red Cross card, please go by the information on the card.*** (For example, 1 = Level 1, 2 = Level 2, 3 = Level 3, 4B = Level 4 Beginners, 4A = Level 4 Advanced, 5V = Level 5, 4's = 4-year-olds, etc.) ***Please note: All skills in a level must be mastered before a student is moved to the next level. Completing a two-week class is not an automatic move to the next level.***

Rain Policy: Swim lessons will be held if it is raining. If it is storming, children will be taken in the bathhouse for safety instruction. Attendance, of course, during rain or storms is always at the parent's discretion

Water testing will be held the week of June 9-13, at 6:00 PM at War Memorial Pool, and before evening classes at 5:00 PM.

You may return the registration materials and payment via mail or in person to the Parks & Recreation Office in the Berkeley 2000 Recreation Center at 273 Woodbury Avenue. Please register only one child per form. Your payment must accompany the application in order to be processed. There is a \$5 multi-child/multi-session discount after the first child or session. Registration will be handled on a first-come, first-serve basis.

You will be notified only if classes for which you registered are already full. M-BC Parks & Recreation will give refunds only if we are unable to offer a class. If you have questions, please contact Parks & Recreation at 264-4842.

Sincerely,

Leah Catlett
Swim Lesson Coordinator

Enclosures

MARTINSBURG-BERKELEY CO. PARKS & RECREATION
2008 American Red Cross Swim Lesson Information & Schedule

All classes taught at War Memorial Pool.

Session 1 – June 16-27

Session 2 - July 7-18

Session 3 – July 28-Aug 8

LEVEL 1: 2-week session, 30 minute classes \$55.00

Must be 6 years of age to enroll. Times offered: All sessions – 9:00 AM, 9:40 AM, 10:20 AM, 5:30 PM, 6:10 PM, 6:50 PM

LEVEL 2: 2-week session, 30 minute classes \$55.00

Times offered: All sessions – 8:20 AM, 9:00 AM, 9:40 AM, 10:20 AM,
5:30 PM, 6:10 PM, 6:50 PM

LEVELS 3-5: 2-week session, 50 minute classes \$65.00

Level 3 - Times offered: All sessions – 8:00 AM, 9:00 AM, 10:00 AM, 5:30 PM, 6:30 PM

*Level 4 – Times offered: All sessions – 9:00 AM, 10:00 AM, 5:30 PM, 6:30 PM – **PLEASE NOTE
CHANGES ON REVERSE SIDE OF REGISTRATION.**

Level 5 – Times offered: Session 2 ONLY – 9:00 AM, 5:30 PM

GUARD START: 2-week session, 50 minute classes \$65.00

Must have completed Level V and be 12-14 years old. This class is a transition course between Red Cross LEARN-TO-SWIM and Lifeguard Training (fee includes participant kit).

Guard Start 1 – Session 2 ONLY – 6:30 PM

Guard Start 2 – Session 3 ONLY – 6:30 PM (Must have completed GS 1)

PRESCHOOL (4 and 5-year olds): 1-week session, 30 minute classes \$30.00

Session 1A – June 16-20

Session 2A – July 7-11

Session 3A – July 28-Aug 1

Session 1B – June 23-27

Session 2B – July 14-18

NO 3B SESSION

Times offered at all sessions: 4-year-olds & 5-year-olds separately
9:40 AM & 10:20 AM ~ 5:30 PM & 6:10 PM

BETWEEN SESSION CLASSES - All classes listed below will be taught both sessions.

June 30-July3 - **\$24**

July 21-25 - **\$30**

WATER BABIES: 1-week session, 30 minute class; designed to teach parents how to work with infants And toddlers in the water. **Parent must accompany child in the water.**
Level & time: Infant (6-18 mo) @ 5:30 PM Toddler (19-36 mo) @ 6:10 PM

3-YEAR OLDS: 3's Alone – designed for the 3-year-old who wants to go it alone with instructors.
3's & Parents – designed for 3-year-old who needs the reassurance of having a parent in the water with them. **Parent must accompany child in water.**
Level & time: 3's Alone @ 6:50 3's w/ Parents @ 6:50

ADULTS: 1 week, 40 minute class – designed for the teen or adult who wants to learn to swim, but doesn't want to do so with small children.
Time: 6:10 PM

PRESCHOOL: 1 week, 30 minute class – **these are the same classes offered during Session 1,2,&3**
4-year-olds 5:30-6:00 5-year-olds 6:10-6:40

PLEASE READ THE FOLLOWING INFORMATION CAREFULLY!!!

PLEASE NOTE UPDATED RED CROSS SKILLS FOR EACH LEVEL OF THE LEARN TO SWIM PROGRAM ARE LISTED ON THE REVERSE SIDE.

All skills in a level must be mastered before a student is moved to the next level.

Completing a two-week class **is not** an automatic move to the next level.

Water testing for those who are not sure of instruction level is scheduled for the week of June 9-13 at 6:00 PM at War Memorial Park. Water testing can also be done prior to the evening classes at 5:00 PM. **Multiple child and multiple session discounts** of \$5.00 each will be given for each additional child in a family or each additional session. **Rain Policy:** Swim lessons will be held if it is raining. If it is storming, children will be taken in the bathhouse for safety instruction. Attendance, of course, during rain or storms is always at the parent's discretion. **Refund Policy:** Please make a note of the dates and times of classes for which you registered your child. **You will be contacted ONLY IF THE CLASS IS ALREADY FULL OR CANCELLED.** M-BC Parks & Recreation will give refunds only for classes we are unable to offer.

2008 SWIMMING LESSON REGISTRATION

You will be notified only if a class is closed or cancelled.

One person per form, please.

Refunds will be given ONLY if Parks & Recreation is not able to offer a class.

Name _____ Age _____ Phone (h) _____

Address _____ Phone (w) _____

_____ Date of birth _____

Parent/Guardian Names _____

Medical Concerns _____

Please circle your class and time choices: Session desired _____

PRESCHOOL - \$30: Class: 4-yr-olds ~ 5-yr olds
 One week only Times: 9:40 10:20 5:30 6:10

LEVEL 1 - \$55: Times: 9:00 9:40 10:20 5:30 6:10 6:50

LEVEL 2 - \$55: Times: 8:20 9:00 9:40 10:20 5:30 6:10 6:50

LEVELS 3 & 5 - \$65: Level: 3 5 (session 2 only)
 Times: 8:00 9:00 10:00 5:30 6:30 9:00 5:30

*LEVEL 4 - \$65: Level: Beginner 4 Advanced 4 (Sessions 1 & 2 only)
 Times: 9:00 10:00 5:30 6:30

***PLEASE REFER TO THE INFORMATION ON THE BACK OF THIS PAGE.**

GUARD START - \$65: GS 1 – Session 2 @ 6:30 GS 2 – Session 3 @ 6:30

BETWEEN SESSION CLASSES - All classes listed below will be taught both sessions.

Please circle week & class choices: June 30-July 3 - **\$24** July 21-25 - **\$30**

WATER BABIES: Level & time: Infant (6-18 mo) @ 5:30 PM Toddler (19-36 mo) @ 6:10 PM

3-YEAR OLDS Level & time: 3's Alone @ 6:50 3's w/ Parents @ 6:50

ADULTS: TIME: 6:10 PM

PRESCHOOL: (these are the same classes offered during Session 1,2,&3)

4-year-olds 5:30-6:00 5-year-olds 6:10-6:40

Notice to Level 4 Students & Parents

The American Red Cross updated its Swimming and Water Safety Program and the Martinsburg-Berkeley County Parks & Recreation Board began implementing the changes in the 2005 Learn to Swim Program. The most significant changes occurred in Level 4. We have adjusted the Level 4 classes again to continue the transition.

To incorporate these changes into our program, Level 4 will be divided into Beginners Level 4 and Advanced Level 4, with skills being taught as follows:

Beginners Level 4 - Butterfly Kick and the Survival Float
Introduces the Breaststroke, Backstroke, Butterfly and Sidestroke kicks
Students will be expected to coordinate the Breaststroke.
Safe Diving rules.

Advanced Level 4 - Continues refining all strokes
Introduces the Butterfly arms and the Sidestroke arms
Students will be expected to coordinate the Butterfly and
the Sidestroke as well as front and back crawl.
Survival Float for one minute.

PLEASE NOTE: Students who completed Level 4 beginner and Level 4 intermediate in 2007 should be enrolled in Level 4 advanced during the summer of 2008.

AMERICAN RED CROSS SWIMMING AND WATER SAFETY PROGRAM

For more information, contact your local American Red Cross chapter or visit www.RedCross.org.

Level 1: Introduction to Water Skills

Purpose: Help students feel comfortable in the water.

- Basic water safety rules
- Using a life jacket
- Submerging mouth, nose and eyes
- Opening eyes underwater and picking up submerged object
- Swimming on front and back using arm and leg actions
- Recognizing a swimmer in distress and getting help
- Exhaling underwater
- Floating on front and back

Level 2: Fundamental Aquatic Skills

Purpose: Give students success with fundamental skills.

- Moving in the water while wearing a life jacket
- Submerging entire head
- Front and back glide
- Treading water using arm and leg motions
- Recognizing a swimmer in distress and getting help
- Bobbing in water
- Jellyfish float
- Swimming using combined stroke on front and back

Level 3: Stroke Development

Purpose: Build on the skills in Level 2 by providing additional guided practice.

- Reaching assist
- Submerging and retrieving an object
- Front and back glide
- Front and back crawl
- Kneeling or standing dive (shallow dive progression)
- Rotary breathing in horizontal position
- Survival float, back float
- Butterfly-kick and body motion

Level 4: Stroke Improvement

Purpose: Develop confidence in the strokes learned and improve other aquatic skills.

- Safe diving rules
- Dive from stride position or shallow dive
- Survival float, back float
- Elementary backstroke, breaststroke, butterfly
- Throwing assist
- Feet-first surface dive
- Front and back crawl

Level 5: Stroke Refinement

Purpose: Provide further coordination and refinement of strokes.

- Survival swimming
- Standing dive (diving progression)
- Open turns on front and back
- Front and back crawl
- Performing rescue breathing
- Tuck surface dive and pike surface dive
- Front flip turn and backstroke flip turn
- Elementary backstroke, butterfly, breaststroke, sidestroke

Only the American Red Cross offers comprehensive course levels that teach participants how to swim skillfully and safely. The prerequisite for each level is successful demonstration of the skills taught in the preceding level. Beginners start at Level 1, which has no prerequisites. Also, each level of Learn-to-Swim includes training in basic water safety and helping a swimmer in distress.

For more information, contact your local American Red Cross chapter or visit www.RedCross.org. To order products from this catalog, contact your local chapter, call (800) 667-2968 or visit www.ShopStayWell.com.