



SWIM LESSONS

Innovative Health & Fitness Swim Lessons are in cooperation with the American Red Cross "Learn to Swim" Program.

IHF members and non-members who are currently enrolled in group swim lessons may register for the new session starting Monday, Aug. 14. All others are able to register starting Monday, Aug. 28.

Member (\$68) | Non-Member (\$88)

***Parent & Child Member (\$44) | Non-Member (\$66)**

SATURDAYS (Sept. 9 - Oct. 28)

Parent & Child.....	10:00 - 10:30 a.m.
Preschool.....	10:35 - 11:05 a.m.
Preschool.....	11:10 - 11:40 a.m.
Learn to Swim Level I.....	11:45 a.m. - 12:15 p.m.
Learn to Swim Level II.....	12:20 - 12:50 p.m.
Learn to Swim Level III.....	12:55 - 1:25 p.m.

SUNDAYS (Sept. 10 - Oct. 29)

Parent & Child.....	10:00 - 10:30 a.m.
Preschool.....	10:35 - 11:05 a.m.
Learn to Swim Level I.....	11:10 - 11:40 a.m.
Learn to Swim Level I.....	11:45 a.m. - 12:15 p.m.
Learn to Swim Level II.....	12:20 - 12:50 p.m.
Learn to Swim Levels IV and V....	12:55 - 1:25 p.m.

SWIM LEVEL DESCRIPTIONS - Read below to determine which one is right for your child.

Parent & Child (6 mo-3 yrs) – must wear swim diaper

- Learn more ways to enter and exit the water safely.
- Retrieve objects below the surface and submerged objects with eyes opened.
- Glide on the front and back with assistance.
- Perform combined arm and leg actions on front and back with assistance.
- Change body position in the water.
- Experience wearing a life jacket in the water.

Preschool (3-5 yrs):

- Gliding on front at least two body lengths.
- Rolling to back, floating on back for 15 seconds, then recovering to a vertical position.
- Gliding on back for at least two body lengths.
- Rolling to front, then recovering to a vertical position.
- Swimming using combined arm and leg actions on front for three body lengths.
- Rolling to back, floating for 15 seconds, rolling to front then continuing to swim on front for three body lengths.

Learn To Swim Level 1 (5 years+) Intro To Water Skills:

- Opening eyes underwater and retrieving submerged object.
- Gliding on front with assistance at least two body lengths.
- Rolling to a back float for five seconds with assistance.
- Recovering to a vertical position with assistance.
- Combined arm and leg actions on front and back with assistance.
- Alternating and simultaneous arm and leg actions on front and back with assistance

Learn To Swim Level 2 (5 years+) Fundamental Aquatic Skills:

- Stepping from the side into chest-deep water.
- Fully submerging and holding breath.
- Pushing off the bottom, moving into a treading or floating position for at least 15 seconds, swimming on front and/or back for five body lengths and then exiting the water.
- Moving into a back float for 15 seconds, rolling to front and then recovering to a vertical position.
- Pushing off and swimming using combined arm and leg actions on front for five body lengths, rolling to back, floating for 15 seconds, rolling to the front and then continue swimming for five body lengths.

Learn To Swim Level 3 (5 years+) Stroke Development:

- Flutter, scissors, breaststroke and dolphin kicks.
- Jumping into deep water from the side, recovering to the surface, maintaining position by treading or floating for one minute, rotating a full turn and then turning as necessary to orient to the exit point.
- Swimming the front crawl and/or elementary backstroke for 25 yards and then exiting the water.
- Pushing off in a streamlined position, swimming the front crawl for 15 yards, changing position and direction, swimming the elementary backstroke for 15 yards and then exiting the water.

Learn To Swim Level 4-5 (5 years+) Stroke Improvement and Refinement:

- Swimming the front crawl for 25 yards.
- Swimming the elementary backstroke for 25 yards.
- Swimming the breaststroke for 15 yards.
- Swimming the butterfly for 15 yards.
- Swimming the back crawl for 15 yards.
- Swimming the sidestroke for 15 yards.
- Open turns on the front and back.



For more information, please contact our Group Fit Coordinator at health@myinnovativehealth.com.

INNOVATIVE HEALTH & FITNESS

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