



AMERICAN RED CROSS LEARN TO SWIM PROGRAM

4 Years & Up

The **American Red Cross Learn to Swim Program** is designed to enhance participant's ability to progress from one level to the next. Personal water safety skills and information are included in all levels. It is not unlikely for a child to repeat a level more than once before passing. A child's attention span is also a key skill which is required in passing from one level to the next.

LEVEL I – INTRODUCTION TO WATER SKILLS

Age: 4 & up

Feel comfortable in the water and enjoy water safely. Skills include: entering and exiting the water unassisted, blowing bubbles with mouth and nose, floating with support, arm action, kicking and water safety skills.
8 Classes Min/Max: 6/10

Location: WHS Swim Pool
501 W. South St.

MONDAY

Instructor: Melissa Canto
Day/Time: M/ 6:00- 6:40P

<u>SESSION</u>	<u>PROGRAM #</u>
Feb 29-Apr 25	321011-B
Exc. 03/28	

Fee: \$75 Resident/\$95 Non-Resident
Fee as of Feb 23: \$80 Resident/\$100 Non-Resident

SATURDAY

Instructor: Leah Dechant & Alyssa Brewer
Day/Time: Sa/ 9:00- 9:40A

<u>SESSION</u>	<u>PROGRAM #</u>
Feb 27-Apr 23	321011-A
Exc. 03/26	

Fee: \$75 Resident/\$95 Non-Resident
Fee as of Feb 21: \$80 Resident/\$100 Non-Resident

LEVEL II – FUNDAMENTAL AQUATIC SKILLS

Age: 4 & up

Success with fundamental skills such as floating without support, using simultaneous and alternating leg and arm actions, introduction to treading water, finning, changing positions from front to back and water safety skills. 8 Classes Min/Max: 6/10

Location: WHS Swim Pool
501 W. South St.

MONDAY

Instructor: Melissa Canto
Day/Time: M/ 6:00- 6:40P

<u>SESSION</u>	<u>PROGRAM #</u>
Feb 29-Apr 25	321011-B
Exc. 03/28	

Fee: \$75 Resident/\$95 Non-Resident
Fee as of Feb 23: \$80 Resident/\$100 Non-Resident

SATURDAY

Instructor: Leah Dechant & Alyssa Brewer
Day/Time: Sa/ 9:45-10:25A

<u>SESSION</u>	<u>PROGRAM #</u>
Feb 27-Apr 23	321021-A
Exc. 03/26	

Fee: \$75 Resident/\$95 Non-Resident
Fee as of Feb 21: \$80 Resident/\$100 Non-Resident



PRIVATE SWIM LESSONS

Interested in one-on-one instruction? Private swim lessons give students extra attention needed, whether there is a fear of water or you want to improve your swim strokes.

The fee is \$110 Residents/\$130 Non-Residents for five-1/2 hour classes. Registration for Private Lessons can only

be accepted at the Recreation Center after you have set up a time with an instructor. Please contact Becky at 815.338.4363 or bvidales@woodstockil.gov for additional names and numbers of other instructors.

SHARON KOVAR

Sharon works with ages 6 months through adults. Please contact her to arrange lesson time at 815.355.2017.

LESLIE BEHRNS

Leslie teaches all levels and works with children through adult ages. She is available Mon, Wed and Thu evenings. Please contact her to arrange a lesson time at 815.354.6730.

MELISSA CANTO

Melissa teaches beginning swimmers through adults. Please contact her to arrange a lesson at mcanto22@gmail.com or 815.814.1404.

LEVEL III – STROKE DEVELOPMENT

Age: 4 & up

Additional guided practice to skills from Level II, learning treading water, front crawl, back crawl, beginning head first entries, introduction to scissors kick, elementary back stroke, rotary breathing, introduction to the dolphin kick and water safety skills. 8 Classes
Min/Max: 6/10

Location: WHS Swim Pool
501 W. South St.

MONDAY

Instructor: Melissa Canto
Day/Time: M/ 6:45- 7:25P

SESSION **PROGRAM #**
Feb 29-Apr 25 321031-B
Exc. 03/28

Fee: \$75 Resident/\$95 Non-Resident
Fee as of Feb 23: \$80 Resident/\$100 Non-Resident

SATURDAY

Instructor: Leah Dechant & Alyssa Brewer
Day/Time: Sa/ 10:30-11:10A

SESSION **PROGRAM #**
Feb 27-Apr 23 321021-A
Exc. 03/26

Fee: \$75 Resident/\$95 Non-Resident
Fee as of Feb 21: \$80 Resident/\$100 Non-Resident

LEVEL IV-VI

Age: 4 & up

Develop confidence in front and back crawl and elementary backstroke, begin learning the breaststroke, butterfly, sidestroke, open turns, diving and water safety skills. 8 Classes
Min/Max: 6/10

Location: WHS Swim Pool
501 W. South St.

MONDAY - LEVEL IV, V, VI

Instructor: Melissa Canto
Day/Time: M/ 7:30- 8:15P

SESSION **PROGRAM #**
Feb 29-Apr 25 321041-B
Exc. 03/28

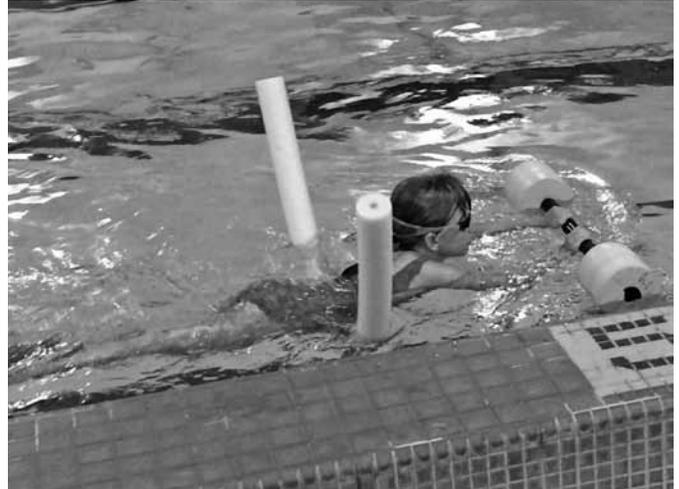
Fee: \$75 Resident/\$95 Non-Resident
Fee as of Feb 23: \$80 Resident/\$100 Non-Resident

SATURDAY - LEVEL IV

Instructor: Leah Dechant & Alyssa Brewer
Day/Time: Sa/11:15A-12:00P

SESSION **PROGRAM #**
Feb 27-Apr 23 321041-A
Exc. 03/26

Fee: \$75 Resident/\$95 Non-Resident
Fee as of Feb 21: \$80 Resident/\$100 Non-Resident



**AMERICAN RED CROSS
PRESCHOOL AQUATICS**

PARENT-TOT SWIM

Age: 1-3

This class is for children that submerge reluctantly or not at all, or require floatation support at all times. Parents must participate in classes and will learn information and techniques to supervise water activities in a safe manner and to help their children develop a comfort level in and around the water. 8 Classes
Min/Max: 6/10

Instructor: Leah Dechant
Location: Rec Center Pool

Day/Time: Su/ 9:30-10:00A
SESSION **PROGRAM #**
Feb 28-Apr 24 311161-A
Exc. 03/27

Fee: \$60 Resident/\$80 Non-Resident
Fee as of Feb 22: \$65 Resident/\$85 Non-Resident

SEE PAGE 33 FOR



**Family Aquatic Center in
Emricson Park**