

Learn to Swim

Level 1 - 6, American Red Cross

With Instructor Ruth Nielson 208-252-1798

OVERVIEW & PURPOSE

Learn safety around the water, comfort and enjoyment in the water. How to swim and develop new skills in the water. Adjust to environmental conditions.

EDUCATION STANDARDS

1. Students will learn to demonstrate skills correctly.
2. A more complex skill will require a progression of skills.
3. Swim and survival strands will be taught in each lesson.

OBJECTIVES

1. Desired learning outcomes to aim towards, assessment of individuals.
2. The lesson is designed specific to skill level, appropriate for individual development, realistic in relation to ability.
3. Each lesson is a revision and progression of the previous lesson with new skills added according to ability.

MATERIALS USED

1. Pool noodle, swim goggles, kick board, diving toys, large flotation mat.

VERIFICATION

1. Skill level checklist to be signed off at the end of 6 lessons.
2. Overview of safety at start of lesson and overview of what was learned at end of the lesson.

PERSONAL INFORMATION/CONTACT DETAILS

Parent or Guardian Name _____

Contact Phone Number _____

Contact Email Address _____

Student Name _____ Birthdate ____/____/____

Student medical concerns _____

Student comfort level in pool, check all that apply

___face in the water ___ok in deep water ___has had lessons___has never had lessons

___has fears/timid around water___excited to learn___knows basic strokes in water

___has had a frightful water experience___current injuries (please share details)

Only swimming lesson participants are allowed in the pool and briefly in the hot tub to warm up after the lesson depending on water temperature.

FOR INSTRUCTOR TO FILL OUT

LESSON(S) PURCHASED

PAYMENT METHOD

DATE PAID IN FULL

___\$25 per 30 min. lesson ___Venmo___Check___Cash ____/____/____

___\$135 for 6/30 min. lessons ___Venmo___Check___Cash ____/____/____

___\$50 per 45 min. Special Needs ___Venmo___Check___Cash ____/____/____

___\$255 for 6/45 min. Special Needs___Venmo___Check___Cash____/____/____

STUDENT ENTRY LEVEL

Parent/Baby 1 2 3 4 5 6+

STUDENT HAS COMPLETED LEVELS

Parent/Baby 1 2 3 4 5 6+