

We are proud to say that at Ivy League Day Camp, all of our swimming instructors are our certified American Red Cross Water Safety Instructors. The following are the objectives of each American Red Cross swimming level.

Please be aware that we test each and every camper individually to determine what swimming level best suits their ability. It is not unusual for a camper to pass through several swimming levels during the summer. For example, if your child has been placed in a level 1 class at the beginning of camp, he or she may advance to a level 2 or 3 by the end of camp.

Please feel free to contact our waterfront director (Valerie Rogers) with any questions in regards to your child's swimming lessons. You can contact Valerie by calling camp.

### **Water Adjustment**

To help develop swimming readiness by having children explore the water with fun activities with the objective of having fun and becoming comfortable in, on and around the water.

### **Level 1: Introduction to Water Skills**

To help students feel comfortable in the water and to enjoy the water safely. Students will begin to learn the basics needed to learn upper level swimming skills.

### **Level 2: Fundamental Aquatic Skills**

To provide students with opportunities for success with fundamental skills. Students will become more independent in the water on this level. They will start to learn the skills needed to perform basic swimming strokes. By the end of this level the student will be able to perform front and back floats independently. They will also be able to push off of the side of the pool and swim using a combination of arm and leg movements for 15 feet on the front and the back.

### **Level 3: Stroke Development**

To build on the skills in Level 2 by providing additional guided practice. By the end of this course the student will be able to swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading water or floating for 30 seconds and swim back crawl for 15 yards.

### **Level 4: Stroke Improvement**

To build student confidence and performance of the swimming strokes learned in Level 3 by providing additional guided practice. By the end of this level students will be able to swim front crawl and back crawl for 25 yards, swim elementary backstroke, and breaststroke for 15 yards and tread water for 1 minute.

### **Level 5: Stroke Refinement**

To build on the skills in Level 4 by providing additional guided practice. By the end of this level the student will be able to swim the front crawl for 50 yards, back crawl for 50 yards. Swim elementary backstroke for 25 yards. Swim breaststroke for 25 yards. Demonstrate sidestroke and butterfly for 25 yards.