



2025 Red Cross Group Swim Lessons for CPU

First Session: June 2 - 13, M-F

5:15 - 6:00 pm -- Center Point/Urbana

NEW:
EVENING
LESSONS!

Second Session: June 16 - 27, M-F

9:00 - 9:45 am -- Center Point/Urbana

- We WILL NOT make up any cancelled days. If needed, we will test on the last day instead of having a 'Fun Day'.
- If there are any cancellations, the PAYER will receive a notice through email.

Cost: \$35.00/time slot.

Must be 5 years old by end of their session.

Deadline for CPU lessons: TUESDAY, MAY 27

Register for your child's Red Cross lessons through the Vinton Parks & Rec website: **www.vprdzone.com**.

That DOES NOT include BUS TRANSPORTATION.

To register for BUS TRANSPORTATION, sign up online through Infinite Campus or you may complete the registration form and return it to your child's school with payment.

LEVEL INFORMATION:

Level I - Introduction to Water Skills - Purpose: Help students feel comfortable in the water. Skills: Basic water safety rules, using a life jacket, submerging mouth, nose and eyes, opening eyes underwater and picking up submerging object, swimming on front and back using arm and leg actions, recognizing a swimmer in distress and getting help, exhaling underwater and floating on front and back.

Level II - Fundamental Aquatic Skills - Purpose: Give students success with fundamental skills. 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 and swimming using combined stroke on front and back.

Level III - Stroke Development - Purpose: Build on the skills in Level 2 by providing additional guided practice. Skills: 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 IV - Stroke Improvement - Purpose: Develop confidence in the stroke learned and improve other aquatic skills. Skills: Safe diving rules, dive from stride position or shallow dive, survival float, back float, elementary backstroke, breaststroke, butterfly, throwing assist, feet-first dive and front and back crawl.

Level V - Stroke Refinement - Purpose: Provide further coordination and refinement of strokes. Skills: 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 and sidestroke.

Level VI - Swimming and Skill Proficiency - Purpose: Refine strokes so students swim with ease, efficiency, power and smoothness over greater distances. Level 6 is designed to focus on preparing students to participate in more advanced courses, such as Lifeguard Training.

Start registering for swim lessons on Monday, April 7 at vprdzone.com.

First, create an account for yourself. Next, add family members to your account.

Lastly, register for Red Cross Group Swim Lessons for your family members!

And don't forget to register for bus transportation, if needed!

Questions? Please call 319.472.4164