

**North Providence Pool & Fitness Center**  
**1810 Mineral Spring Avenue, North Providence, RI 02904**  
(Located behind the library)  
**401-353-7007**

**American Red Cross Learn-to-Swim Program 2015**  
**Amanda Knuth - Aquatics Director**

**Toddler Class** This class is taught with instructors and parent or guardian in the shallow end of the pool. Children are 2 and 3 years old. Parents and Guardians are taught how to assist children and water safety.

**Preschool** This class is taught with instructors on the teaching platform in the shallow end. Children are 3 and 4 years old and must be 32 inches in height up to the chin. Children learn front float and back float with assistance, arm movement, kicking, enter and exiting the pool, how to use a life jacket and water safety.

**Level 1** – Introduction to Water Skills: The class is taught with instructors on the teaching platform and in the shallow end. Child must be 32 inches in height up to the chin. Children learn to swim 15 feet without assistance and water safety to pass to Level 2.

**Level 2** – Fundamental Aquatic Skills: This class is taught with instructors in the shallow end of the pool. The child must be able to swim 15 feet without assistance. Skills taught: front and back glide, tread water, submerge head, swim wearing a life jacket, swim 20 feet without assistance, back float, back crawl, and water safety to pass to Level 3.

**Level 3** – Stroke Development: This class is taught in the deep end of the pool with instructors demonstrating from the deck and in the water. The child must be able to perform the skills of Level 2 before beginning this level. Skills taught: refine front crawl with rotary breathing, back crawl, elementary backstroke, and water safety to pass to Level 4.

**Level 4** – Stroke Improvement: Class is taught in a lane with instructors demonstrating from the deck and in the water. Children must be able to perform Level 3 skills to be in this level. Skills taught: endurance, breaststroke, butterfly, sidestroke, dives, open turns, and water safety to pass to level 5.

**Level 5** – Stroke Refinement: This class is taught in a lane with instructors demonstrating from the deck and in the water. Children must be able to perform all the strokes and skills of Level 4 to be in this level. Skills taught: refine the strokes of Level 4, increase distance, front back flip turns, and water safety to pass to level 5.

**Level 6** – Skill Proficiency Fitness Swimmer: This class is taught in a lane with instructors demonstrating from the deck and in the water. Children must be able to perform all the strokes and skills of Level 5 to be in this level. Skills taught: refine the strokes, increase distance, and water safety. Children will be ready for the Barracuda Swim Team when passing this level.