



Learn to Swim @ El Rancho School American Red Cross Swim Lesson Levels



The ages listed with each level are to provide guidance however each swimmer is different and we encourage all swimmers to develop their skills at their own pace and comfort. Some swimmers will require more training in basic skills while other swimmers are ready to learn more advance skills.

Level 1 - Introduction to Water Skills - Age: 2 ½ +

For the beginner who is comfortable in the water. Swimmers learn basics of swimming:

Skill	Proficient	Working on	Not introduced
Bobbing			
Going under water			
Supported front floating			
Supported back floating			
Supported rolling over from front to back			
Supported rolling over from back to front			
Supported gliding			
Supported front crawl arms			
Jumping in			

Level 2 - Fundamental Aquatic Skills - Age: 4+

Swimmers should already be able to float on front and back with assistance and put their head under water.

Skill	Proficient	Working on	Not introduced
Independent front floating			
Independent back floating			
Independent rolling over from front to back			
Independent rolling over from back to front			
Independent front gliding			
Independent back gliding			
Front crawl arms and kicks			
Back crawl arms and kicks			
Retrieving underwater objects			
Jumping into water over their head			

Level 3 - Stroke Development - Age: 5-6+

Swimmers should already be comfortable swimming front stroke and swimming on their back.

Skill	Proficient	Working on	Not introduced
Gliding			
Freestyle with side breathing			
Backstroke			
Breast stroke			
Dolphin kicks			
Retrieving objects in deeper water			
Treading water			
Jumping into deep water			
Compact dives			



Level 4 - Stroke Improvement - Ages: 7-8+

Swimmers should already be able to: swim front and back crawl 25 yards. Swimmers will work on:

Skill	Proficient	Working on	Not introduced
Rotary breathing			
Freestyle swim			
Backstroke swim 25 yards			
Elementary backstroke swim			
Scissors kick swim			
Sidestroke swim			
Whip kick			
Breaststroke swim			
Intro to turning at wall			
Treading water with modified scissors			
Diving in kneeling position			

Level 5 - Stroke Refinement - Ages: 9-10+

Skill	Proficient	Working on	Not introduced
Alternate breathing			
Stride jump			
Refinement of: freestyle			
Refinement of: backstroke			
Refinement of: elementary backstroke			
Refinement of: sidestroke			
Refinement of: breaststroke			
Refinement of: dolphin kick			
Refinement of: butterfly			
Open turn on front and back			
Feet-first surface dive			
Treading water			

Level 6 - Swimming & Skill Proficiency - Age: 11+

Swimmers should already be able to: swim front and back crawl 50 yds, elementary backstroke 25 yards, breaststroke 25 yards, butterfly 25 yards, sidestroke 10 yards, tread water for 3 minutes, and dive.

Skill	Proficient	Working on	Not introduced
Refinement of: freestyle			
Refinement of: backstroke			
Refinement of: elementary backstroke			
Refinement of: sidestroke			
Sidestroke turn			
Refinement of: breaststroke			
Breaststroke turn			
Breaststroke speed turn and pullout			
Refinement of: dolphin kick			
Refinement of: butterfly			
Butterfly turn			
Open turn on front and back			
Treading water 5 minutes			
Front and back crawl flip turn			
Pike and tuck surface dive			
Basic water rescue			

El Rancho Schools, Inc. **2024 Swim Lessons** Starts June 10, 2024



Let's swim! Small-group swim lessons for children, ages 2 ½ to 13, are 30 minutes daily. Bring a swimsuit, towel, and sunscreen, and get ready for fun in the pool.



- All children signed up for swim instruction will be evaluated in their first week of lessons to determine the appropriate group for instruction.
- Please use a permanent marker to write your child's name on everything brought & worn to school: clothing, bathing suit, towel, goggles (if needed), earplug, and case (if needed) Swim bag: rubberized, nylon, hard plastic only. Grocery bag type is not allowed at school due to the possibility of suffocation.
- All two and three-year-olds are required to wear swim pants/diapers that the parent provides under their swimming suit. If a child does not have them, they will not be able to swim that day and the lesson is nonrefundable.
- Bathing suits and towels must go home each day. If your child's clothing is not marked with their name, and we notice it, we will mark their name on any item not marked. Be sure to mark socks, shoes, and underwear.
- **Swim fees are payable in advance when the child is signed up. It must be attached to this form. Please do not include it in your tuition payment.** Swimming lessons are \$70.00 a week. Our daily rate of \$25.00 is **only** available for part-time students. A written one-week notice is required for a change in the swimming lesson schedule. No refunds or swim credits are given for any reason, including change of schedule, illness, absences, inclement weather ("dry" lessons on safety, etc. will be given), field trips, etc.
- Sunscreen: El Rancho School staff will apply spray-only sunscreen to students daily before their swim lesson, and in the 3:00 PM hour. For their faces we spray a bit in the hands and they wipe their faces, so that we are not touching multiple children's faces. If you would like our staff to apply spray sunscreen on your child, please bring in the spray-only sunscreen of your choice, clearly labeled with your child's name at the **very top** of the container, complete the attached medication form for sunscreen, and leave it on the school office desk. If your child requires sun screen **lotion** to be applied, parents are required to send disposable gloves to be used on their child or their child may apply the lotion.

Child: _____ Grade level: _____

I wish my child to take swimming lessons during the following weeks.

<input type="checkbox"/> June 10-14	<input type="checkbox"/> July 01-03 (\$42/week)	<input type="checkbox"/> July 29- Aug 02
<input type="checkbox"/> June 17-21	<input type="checkbox"/> July 08-12	<input type="checkbox"/> August 05-09
<input type="checkbox"/> June 24-28	<input type="checkbox"/> July 15-19	<input type="checkbox"/> August 12-16
	<input type="checkbox"/> July 22-26	

Parent's Signature: _____ Date: _____

_____/_____/2024
Month Day Year

Permission to Administer Sunscreen

Sunscreen is administered by staff before the child's swim lesson, and after school in the 3:00 PM hour. All sunscreen must be walked into the school by the parent, provided in the original container, and have the child's name on the top of the container. The sunscreen is to be picked up by the evening of September 30, 2024, after which it will be discarded. I give permission for El Rancho School's staff to administer one to two teaspoons of sunscreen now through September 1, 2024, on my child(ren).

Child(ren) _____

Parent signature _____ Date _____

Attach check here for swim lessons marked above. This form will not be processed without attached fees.

