

Learn to Swim

SWIM PROGRAM

The City of Cupertino's American Red Cross Swimming and Water Safety program combines the best in swim instruction with a strong emphasis on drowning prevention and water safety.

Red Cross swim classes are designed to help swimmers of varying ages and abilities develop their water safety, survival, and swim skills. Courses are age-appropriate and fun, helping participants stay motivated and achieve success on a regular basis.

As children progress through the levels, they increase their comfort level in and around the water.

Courses are available for a variety of ages and skill levels to encourage healthy, lifelong recreational habits and to help keep your family safe.

All lessons take place at Cupertino High School.

If your child is sick...



When your child is ill, please do not bring him or her to the pool.

Vomit and fecal incidents are a major frustration and inconvenience for everyone, as they require us to close the pool. Please help us to ensure that these disruptions do not occur.

Swim diapers are mandatory for all non-potty-trained children.

Aquatics Registration

Sessions 1 & 3 will meet for 10 classes. Sessions 2 & 4 will meet for 9 classes. Monday, July 4th will be a no class day.

- You can register for up to four sessions (1 class per session) per child during registration.
- Parents may register only their own child/children.
- Remember you will be registering for a half-hour time slot and not a specific level, unless otherwise noted.
- Please check registration dates and procedures on page 76-78.
- There are no make ups for missed classes.
- **NO REGISTRATION IS TAKEN AT THE POOL.**

Out-of-water instruction may be included.

SWIM LESSON DESCRIPTIONS

Level	Course	Age	Course Content
Parent–Child 1 & 2	Intro to Water Readiness	6 months to 3 years	This class focuses on water adjustment and enjoyment for parent and child. Basic skills will be introduced, such as water entries and exits, floats, glides, arm and leg movements, and water safety. One parent-one child ratio. Parent must be in the water with the child at all times. Swim diapers are mandatory.
PS1	Preschool Aquatics	3-5 yrs	Introduction to elementary aquatic skills and water safety practices. Glides and floats with support, treading with support, arm and leg action with support.
PS2	Preschool Aquatics 2	3-5 yrs	Build on basic water and safety skills. Water entries/exits, bobs, glides and floats with support, treading with assistance, arm and leg action with assistance.
PS3	Preschool Aquatics 3	3-5 yrs	Learn to perform basic skills independently—floats, bobs, glides, treading, changing direction, combined arm and leg action.
1	Intro to Water Skills	6-16 yrs	Blowing bubbles, bobbing, unsupported floats, kicking on front and back, introduction to alternating arm action, water entries/exits, and water safety skills.
2	Fundamental Aquatic Skills	6-16 yrs	Floating, gliding, treading, kicking on front and back, introduction to freestyle with breathing, backstroke, and water safety skills.
3	Stroke Development	6-16 yrs	Rhythmic breathing, introduction to elementary backstroke and side stroke, diving from the side of the pool, treading water, and water safety skills.
4	Stroke Improvement	6-16 yrs	Endurance, breath control, introduction to breast stroke and butterfly, turns, and water safety skills.
5	Stroke Refinement	6-16 yrs	Surface dives, flip turns, refinement of strokes and diving, and water safety skills.
6	Skill Proficiency	6-16 yrs	Endurance, butterfly, treading water, turns, rescue skills, and diving.
	Private Lessons	All ages	Are you interested in your child receiving one-on-one instruction? Then private lessons are for you. All levels welcome.
	Semi-Private Lessons	3-16 yrs & Adults	In these small group lessons, your child will receive more individualized attention but will still enjoy the benefits of learning with a group. The teacher-to-student ratio will be 1:3. All adult lessons are beginning level and meet 8 times each session.



Fecal/Vomit Incident Policies

- Pool will be cleared of all participants. Out of water instruction will be provided until contamination response procedures are completed. The City follows Model Aquatic Health Code Policies & Procedures.
- If a second incident occurs during the same session, a credit will be placed on your City account for the missed time.
- There are no make ups for classes missed due to fecal/vomit incidents.



GROUP SWIM LESSONS

		Session 1	Session 2	Session 3	Session 4
Times	Class	6/13-6/24 \$85R/\$102NR	6/27-7/8 \$77R/\$92NR	7/11-7/22 \$85R/\$102NR	7/25-8/4 \$77R/\$92NR
2:00-2:30	PS1-3&L1-6	66466	66467	66468	66469
2:30-3:00	PS1-3&L1-6	66470	66471	66472	66473
3:15-3:45	PS1-3&L1-6	66474	66475	66476	66477
3:45-4:15	PS1-3&L1-6	66482	66483	66484	66485
4:15-4:45	PS1-3&L1-6	66486	66487	66488	66489
4:45-5:15	PS1-3&L1-6	66490	66491	66492	66493
5:15-5:45	PS1-3&L1-6	66494	66495	66496	66497
5:15-5:45	Parent-Child	66498	66499	66500	66501
6:00-6:30	PS1-3&L1-6	66502	66503	66504	66505
6:30-7:00	PS1-3&L1-6	66506	66507	66508	66509
7:00-7:30	PS1-3&L1-6	66510	66511	66512	66513
45 minutes	Class	6/13-6/24 \$128R/\$154NR	6/27-7/8 \$115R/\$138NR	7/11-7/22 \$128R/\$154NR	7/25-8/4 \$115R/\$138NR
1:15-2:00	L1-6; ages 6+	66458	66459	66460	66461

Group swim lessons class placement procedure: Please remember when registering your child for group lessons that you sign up for a specific time and not a specific level/Instructor (Exception: Parent-Tot must be requested). Each participant will be tested for skill level and then placed in the appropriate Red Cross Learn-to-Swim course level.

PRIVATE SWIM LESSONS

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Times	6/13-6/17 \$210R \$252NR	6/20-6/24 \$210R \$252NR	6/27-7/1 \$210R \$252NR	7/5-7/8 \$168R \$202NR	7/11-7/15 \$210R \$252NR	7/18-7/22 \$210R \$252NR	7/25-7/29 \$210R \$252NR	8/1-8/4 \$168R \$202NR
4:45-5:15	67477	66518	66522	66526	66530	66534	66538	66542
6:00-6:30	67478	66521	66525	66529	66533	66537	66541	66545
2:00-2:30	66515	66519	66523	66527	66531	66535	66539	66543
4:15-4:45	66516	66520	66524	66528	66532	66536	66540	66544

SEMI-PRIVATE SWIM LESSONS

		Session 1	Session 2	Session 3	Session 4
		6/13-6/24 \$170R/\$204NR	6/27-7/8 \$151R/\$181NR	7/11-7/22 \$168R/\$202NR	7/25-8/4 \$168R/\$202NR
2:30-3:00	66546	66547	66548	66549	
3:15-3:45	66550	66551	66552	66553	
3:45-4:15	Level 2/3 66554	Level 2/3 66555	Level 2/3 66556	Level 2/3 66557	
Adults	Class	6/13-6/23 \$136R/\$163NR	6/27-7/7 \$119R/\$143NR	7/11-7/21 \$136R/\$163NR	7/25-8/4 \$136R/\$163NR
7:30-8:00	Beginning	66558	66559	66560	66561