

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.

Aquatics Registration

Sessions 1 & 3 will meet for 10 classes. Sessions 2 & 4 will meet for 9 classes. Tuesday, 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 86.
- There are no make ups for missed classes.
- **NO REGISTRATION IS TAKEN AT THE POOL.**

Out-of-water instruction may be included.

All lessons take place at Cupertino High School. See site locations on page 82-83.

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.

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

Times	Class	Session 1	Session 2	Session 3	Session 4
		6/12-6/23 \$85R/\$102NR	6/26-7/7 \$77R/\$92NR	7/10-7/21 \$85R/\$102NR	7/24-8/3 \$77R/\$92NR
1:00-1:30	PS1-3&L1-6	72041	72042	72043	72044
1:30-2:00	PS1-3&L1-6	72057	72058	72059	72060
2:00-2:30	PS1-3&L1-6	72069	72074	72086	72093
2:45-3:15	PS1-3&L1-6	72070	72075	72091	72094
3:15-3:45	PS1-3&L1-6	72071	72076	72092	72095
3:45-4:15	PS1-3&L1-6	72072	72077	72078	72096
4:45-5:15	PS1-3&L1-6	72073	72081	72082	72083
5:15-5:45	PS1-3&L1-6	72028	72029	72030	72087
5:15-5:45	Parent-Child	72031	72032	72033	72040
5:45-6:15	PS1-3&L1-6	72068	72084	72085	72088
6:30-7:00	PS1-3&L1-6	72034	72035	72036	72089
7:00-7:30	PS1-3&L1-6	72037	72038	72039	72090

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

Times	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
	6/12-6/16 \$210R \$252NR	6/19-6/23 \$210R \$252NR	6/26-6/30 \$210R \$252NR	7/3-7/7 \$168R \$202NR	7/10-7/14 \$210R \$252NR	7/17-7/21 \$210R \$252NR	7/24-7/28 \$210R \$252NR	7/31-8/3 \$168R \$202NR
1:30-2:00	72099	72149	72150	72151	72152	72153	72154	72155
2:00-2:30	72100	72156	72157	72158	72159	72160	72161	72162
2:45-3:15	72101	72163	72164	72165	72166	72167	72168	72169
4:45-5:15	72102	72170	72171	72172	72173	72174	72175	72176

SEMI-PRIVATE SWIM LESSONS

	Session 1	Session 2	Session 3	Session 4
	6/12-6/23 \$170R/\$204NR	6/26-7/7 \$151R/\$181NR	7/10-7/21 \$168R/\$202NR	7/24-8/3 \$168R/\$202NR
	Level 1	Level 1	Level 1	Level 1
3:15-3:45	72137	72138	72139	72140
	Level 2/3	Level 2/3	Level 2/3	Level 2/3
3:45-4:15	72141	72142	72143	72144

Adults	Class	6/12-6/22 \$136R/\$163NR	6/26-7/6 \$119R/\$143NR	7/10-7/20 \$136R/\$163NR	7/24-8/3 \$136R/\$163NR
7:30-8:00	Beginning	72145	72146	72147	72148