

UNIVERSITY OF HOUSTON CAMPUS RECREATION  
LEARN TO SWIM INFORMATION SHEET



**Level 1A Tadpoles - AGES 3-5 YEARS**

Welcome to the UH Campus Recreation Learn to Swim program. These classes are based upon the **American Red Cross Learn to Swim Program** and are taught by current certified American Red Cross Water Safety Instructors. You have enrolled in the **3-5 year old class course**. The following is information we hope will be helpful in order for you and your child to get the most out of this experience. **Refunds will be considered one week prior to class.**

- In this age group, PARENTS WILL NOT BE IN THE WATER WITH THE CHILDREN.
- To protect against accidents in the water, please be sure that your child has bowel and bladder control, OR is wearing a diaper designed for wear in the water.
- To ensure warmth, you might want to consider bringing 2 towels for your child. One towel for exiting the pool and a second for drying after a shower. (We find that a warm shower after the class does wonders in warming them after being in the pool for 45 minutes.)
- The classes for this age group are 45 minutes in duration.
- Classes will meet in the Rotunda Area next to the Natatorium by the stairs. Participants are to come to class ready to swim. There are restrooms located across the Rotunda Area for non-CRWC members to use for changing.

Below are activities / skills that will be addressed in this class:

- Water adjustment, exploring the pool, kicking-front and back, gliding-front and back, floating-front and back, underwater exploration, arm movement-front and back, rolling over and changing positions, safety skills, kicking up to the surface, and water exit.
- Children progressing quickly through these skills will be encouraged to progress to more advanced skills.
- *It is uncommon for participants of this age to begin to swim effectively. Studies have shown that children under the age of 6 often do not possess the physical stamina, comprehension, or coordination to become accomplished swimmers.*

With this class, the success of the child depends greatly on attention paid to the instructor and fellow participants. If the parent is nearby and has the attention of the child, the attention to what is happening in the class is obviously reduced. For this reason, parents are required to observe the class from the natatorium observation deck up the stairs. Parents will not be allowed on the pool deck. Your cooperation with this request is greatly appreciated. We hope that from this position you will be able to observe your child as well as the instructor without taking your child's attention away from the class.

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**LEVEL 1B Minnow – 6yrs to 10yrs**

Welcome to the UH Campus Recreation Learn to Swim program. These classes are based upon the **American Red Cross Learn to Swim Program** and are taught by current certified American Red Cross Water Safety Instructors. The course in which you have enrolled in is **Levels 1B**. **Participants must be at least 6 years of age**. The following is information we hope will be helpful in order for you and your child to get the most out of this experience. **Refunds will be considered one week prior to class.**

- To ensure warmth, you might want to consider bringing 2 towels for your child. One towel for exiting the pool, and a second for drying after a shower. (We find that a warm shower after the class does wonders in warming them after being in the pool for 45 minutes.)
- The classes for these levels are 45 minutes in duration. The class schedule will generally be as follows: water adjustment (temperature and the water itself), review of previous skills, new skills, review, and a playtime directed toward incorporating new skills. To maintain interest and body heat, instruction will alternate with play throughout the class. We want the participants to enjoy themselves so much that they are disappointed, not excited to leave the water!
- Classes will meet in the Rotunda Area next to the Natatorium by the stairs. Participants are to come to class ready to swim. There are restrooms located across the Rotunda Area for non-CRWC members to use for changing.

Below are activities / skills that will be addressed in this class:

- Level 1: water adjustment, floating, breath control, water entry and exit, walking through water comfortably, supported kicking on front and back, alternating arm action, floating, combined arm and leg action, basic water safety rules, and simple rescues (without equipment).

With this class, the success of the child depends greatly on attention paid to the instructor and fellow participants. If the parent is nearby and has the attention of the child, the attention to what is happening in the class is obviously reduced. For this reason, parents are required to observe the class from the natatorium observation deck up the stairs. Parents will not be allowed on the pool deck. Your cooperation with this request is greatly appreciated. We hope that from this position you will be able to observe your child as well as the instructor without taking your child's attention away from the class.

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**LEVEL 2 Guppies**

Welcome to the UH Campus Recreation Learn to Swim program. These classes are based upon the **American Red Cross Learn to Swim Program** and are taught by current certified American Red Cross Water Safety Instructors. The course in which you have enrolled in is **Levels 2**. The following is information we hope will be helpful in order for you and your child to get the most out of this experience. **Refunds will be considered one week prior to class.**

- *To enroll in this class, you must be able to successfully complete the skills required in Level 1A-B.*
- To ensure warmth, you might want to consider bringing 2 towels for your child. One towel for exiting the pool, and a second for drying after a shower. (We find that a warm shower after the class does wonders in warming them after being in the pool for 45 minutes.)
- The classes for these levels are 45 minutes in duration. The class schedule will generally be as follows: water adjustment (temperature and the water itself), review of previous skills, new skills, review, and a playtime directed toward incorporating new skills. To maintain interest and body heat, instruction will alternate with play throughout the class. We want the participants to enjoy themselves so much that they are disappointed, not excited to leave the water!
- Classes will meet in the Rotunda Area next to the Natatorium by the stairs. Participants are to come to class ready to swim. There are restrooms located across the Rotunda Area for non-CRWC members to use for changing.

Below are activities / skills that will be addressed in this class:

- Level 2: breath holding, retrieving objects, orientation to deep water, front and back floating, water entry and exit, flutter kick-front and back, combined stroke-front and back, ability to change directions, water treading/sculling, and personal safety and rescue skills.

With this class, the success of the child depends greatly on attention paid to the instructor and fellow participants. If the parent is nearby and has the attention of the child, the attention to what is happening in the class is obviously reduced. For this reason, parents are required to observe the class from the natatorium observation deck up the stairs. Parents will not be allowed on the pool deck. Your cooperation with this request is greatly appreciated. We hope that from this position you will be able to observe your child as well as the instructor without taking your child's attention away from the class.

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LEVEL 3 Mackerel

Welcome to the UH Campus Recreation Learn to Swim program. These classes are based upon the **American Red Cross Learn to Swim Program** and are taught by current certified American Red Cross Water Safety Instructors. The course in which you have enrolled in is **Level 3**. The following is information we hope will be helpful in order for you and your child to get the most out of this experience. **Refunds will be considered one week prior to class.**

- *To enroll in this class, you must be able to successfully complete the skills required in Level 2.*
- To ensure warmth, you might want to consider bringing 2 towels for your child. One towel will be used to wrap them when exiting the pool, and a second fresh, dry towel will be used for drying after their shower. (We find that a warm shower after the class does wonders in warming them after being in the pool for 45 minutes.)
- The classes for these levels are 45 minutes in duration. The class schedule will generally be as follows: water adjustment (temperature and the water itself), review of previous skills, new skills, review, and a playtime directed toward incorporating new skills. To maintain interest and body heat, instruction will alternate with play throughout the class. We want the participants to enjoy themselves so much that they are disappointed, not excited to leave the water!
  - Classes will meet in the Rotunda Area next to the Natatorium by the stairs. Participants are to come to class ready to swim. There are restrooms located across the Rotunda Area for non-CRWC members to use for changing.

Below are activities / skills that will be addressed in this class:

- Object retrieval, eyes open, bobbing-submerging head completely, treading water, changing direction while swimming, front crawl, butterfly kick & motion, back crawl, jumping into deep water, glides-front and back, arm strokes, back crawl, deep water entry with life jacket, H.E.L.P. position, Huddle position, and basic rescue techniques.

With this class, the success of the child depends greatly on attention paid to the instructor and fellow participants. If the parent is nearby and has the attention of the child, the attention to what is happening in the class is obviously reduced. For this reason, parents are required to observe the class from the natatorium observation deck up the stairs. Parents will not be allowed on the pool deck. Your cooperation with this request is greatly appreciated. We hope that from this position you will be able to observe your child as well as the instructor without taking your child's attention away from the class.

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LEVEL 4 Swordfishes

Welcome to the UH Campus Recreation Learn to Swim program. These classes are based upon the **American Red Cross Learn to Swim Program** and are taught by current certified American Red Cross Water Safety Instructors. The course in which you have enrolled in is **Level 4**. The following is information we hope will be helpful in order for you and your child to get the most out of this experience. **Refunds will be considered one week prior to class.**

- *To enroll in this class, you must be able to successfully complete the skills required in Levels 3.*
- To ensure warmth, you might want to consider bringing 2 towels for your child. One towel will be used to wrap them when exiting the pool, and a second fresh, dry towel will be used for drying after their shower. (We find that a warm shower after the class does wonders in warming them after being in the pool for 45 minutes.)
- The classes for these levels are 45 minutes in duration. The class schedule will generally be as follows: water adjustment (temperature and the water itself), review of previous skills, new skills, review, and a playtime directed toward incorporating new skills. To maintain interest and body heat, instruction will alternate with play throughout the class. We want the participants to enjoy themselves so much that they are disappointed, not excited to leave the water!
  - Classes will meet in the Rotunda Area next to the Natatorium by the stairs. Participants are to come to class ready to swim. There are restrooms located across the Rotunda Area for non-CRWC members to use for changing.

Below are activities / skills that will be addressed in this class:

- Swim underwater, dive from the pool side, floating, open turns on side of pool, water treading, rotary breathing, elementary backstroke, sculling on the back, front crawl, back crawl, breaststroke, sidestroke, treading water with modified kicks, and water safety skills.

With this class, the success of the child depends greatly on attention paid to the instructor and fellow participants. If the parent is nearby and has the attention of the child, the attention to what is happening in the class is obviously reduced. For this reason, parents are required to observe the class from the natatorium observation deck up the stairs. Parents will not be allowed on the pool deck. Your cooperation with this request is greatly appreciated. We hope that from this position you will be able to observe your child as well as the instructor without taking your child's attention away from the class.

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**LEVEL 5 Dolphins**

Welcome to the UH Campus Recreation Learn to Swim program. These classes are based upon the **American Red Cross Learn to Swim Program** and are taught by current certified American Red Cross Water Safety Instructors. The course in which you have enrolled in is **Level 5**. The following is information we hope will be helpful in order for you and your child to get the most out of this experience. **Refunds will be considered one week prior to class.**

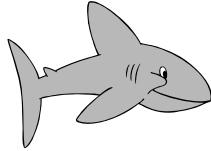
- To enroll in this class, you must be able to successfully complete the skills required in Levels 4.
- To ensure warmth, you might want to consider bringing 2 towels for your child. One towel will be used to wrap them when exiting the pool, and a second fresh, dry towel will be used for drying after their shower. (We find that a warm shower after the class does wonders in warming them after being in the pool for 45 minutes.)
- The classes for these levels are 50 minutes in duration. The class schedule will generally be as follows: water adjustment (temperature and the water itself), review of previous skills, new skills, review, and a playtime directed toward incorporating new skills. To maintain interest and body heat, instruction will alternate with play throughout the class. We want the participants to enjoy themselves so much that they are disappointed, not excited to leave the water!
  - Classes will meet in the Rotunda Area next to the Natatorium by the stairs. Participants are to come to class ready to swim. There are restrooms located across the Rotunda Area for non-CRWC members to use for changing.

Below are activities / skills that will be addressed in this class:

- Diving from the pool side, surface dives, survival floating/swimming, flip turns, water treading, front crawl, back crawl, elementary backstroke, breaststroke and sidestroke, butterfly, surface dives, alternate breathing, swimming underwater, open turns on front and back, and water safety.

With this class, the success of the child depends greatly on attention paid to the instructor and fellow participants. If the parent is nearby and has the attention of the child, the attention to what is happening in the class is obviously reduced. For this reason, parents are required to observe the class from the natatorium observation deck up the stairs. Parents will not be allowed on the pool deck. Your cooperation with this request is greatly appreciated. We hope that from this position you will be able to observe your child as well as the instructor without taking your child's attention away from the class.

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**LEVEL 6 Sharks**

Welcome to the UH Campus Recreation Learn to Swim program. These classes are based upon the **American Red Cross Learn to Swim Program** and are taught by current certified American Red Cross Water Safety Instructors. The course in which you have enrolled in is **Level 5**. The following is information we hope will be helpful in order for you and your child to get the most out of this experience. **Refunds will be considered one week prior to class.**

- To enroll in this class, you must be able to successfully complete the skills required in Levels 5.
- To ensure warmth, you might want to consider bringing 2 towels for your child. One towel will be used to wrap them when exiting the pool, and a second fresh, dry towel will be used for drying after their shower. (We find that a warm shower after the class does wonders in warming them after being in the pool for 45 minutes.)
- The classes for these levels are 45 minutes in duration. The class schedule will generally be as follows: water adjustment (temperature and the water itself), review of previous skills, new skills, review, and a playtime directed toward incorporating new skills. To maintain interest and body heat, instruction will alternate with play throughout the class. We want the participants to enjoy themselves so much that they are disappointed, not excited to leave the water!
  - Classes will meet in the Rotunda Area next to the Natatorium by the stairs. Participants are to come to class ready to swim. There are restrooms located across the Rotunda Area for non-CRWC members to use for changing.

Below are activities / skills that will be addressed in this class:

Develop maximum efficiency and endurance for strokes, surface dives, flip turns, alternate kicks for treading water, throwing rescues, and water safety.

With this class, the success of the child depends greatly on attention paid to the instructor and fellow participants. If the parent is nearby and has the attention of the child, the attention to what is happening in the class is obviously reduced. For this reason, parents are required to observe the class from the natatorium observation deck up the stairs. Parents will not be allowed on the pool deck. Your cooperation with this request is greatly appreciated. We hope that from this position you will be able to observe your child as well as the instructor without taking your child's attention away from the class.

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### Parent and Child Aquatics

Welcome to the UH Recreation Learn to Swim program. These classes are based upon the **American Red Cross Learn to Swim Program** and are taught by current certified American Red Cross Water Safety Instructors. You have enrolled in the Parent and Child Aquatic class for children ages **6 months – 5 years of age**. The following is information we hope will be helpful in order for you and your child to get the most out of this experience. **Refunds will be considered one week prior to class.**

- In this age group, PARENTS (or approved substitutes) ARE REQUIRED TO BE IN THE WATER WITH THE CHILDREN., there are no exceptions to this rule.
- To protect against accidents in the water, please be sure that your child has bowel and bladder control, OR is wearing a diaper designed for wear in the water.
- To ensure warmth, you might want to consider bringing 2 towels for your child. One towel will be used to wrap them when exiting the pool, and a second fresh, dry towel will be used for drying after their shower. (We find that a warm shower after the class does wonders in warming them after being in the pool for 25 minutes.)
- The classes for this age group are 25 minutes in duration instead of 45 minutes. This is because experience has shown that after 25 minutes the interest, attention span, and body heat begin to drop drastically. We want the children to enjoy themselves so much that they are disappointed, not excited to leave the water!
  - Classes will meet in the Rotunda Area next to the Natatorium by the stairs. Participants are to come to class ready to swim. There are restrooms located across the Rotunda Area for non-CRWC members to use for changing.

Below are activities / skills that will be addressed in this class:

- Parents will be taught holding positions, cues and how to use them, roles for helping the children learn, and basic safety skills.
- Children will be taught water adjustment, water entry, exploring the pool, front kick, prone glide, underwater exploration, back float, arm movement, rolling over, water safety, and water exit.
- This course is designed to prepare participants for the Level 1A course. It is uncommon for participants of this age to begin to swim effectively. Studies have shown that children under the age of 6 often do not possess the physical stamina, comprehension, or coordination to become accomplished swimmers.

With this class, more than any other, the success of the child depends as much or more on the participation and enthusiasm of the parent than that of the teacher. If the parent is uncomfortable or fearful in the water, it might be advantageous to use a different adult in the water with the child. This is acceptable as long as it is someone with whom the child feels comfortable.