

Register Online!

Papillion-La Vista High School Red Cross Swim Lessons Spring 2016

Registration Instructions

1. Access <http://plhsswimlessonsspring16.eventbrite.com> during the registration dates (4pm on Mon Mar 21-4pm on Wed Mar 30)
2. Select the level and available timeslot for your child. (Only available time slots will be shown.)
3. Click "Register" at the bottom of the page.
4. The **Buyer, Payment, and Billing Information** categories are for **PARENT** information.
5. For each individual "Registration," **put the name, age and gender** of the **CHILD** swimming at that Level and Timeslot (the "email address" should be the parent's email).
6. Once submitted you will get a confirmation email regarding your registration.

Fees (No Refunds): \$49.99 per child for Levels 1-6
\$40 per child for Float for Life

Lesson Dates: Apr 9-May 28(8 weeks)

- Classes meet Saturdays
- Testing is completed at the last class. Make arrangements if you will not be there on testing day.

CLASSES AND TIMES: **Specific Level information on back**

| NEW! FLOAT FOR LIFE | FLOAT FOR LIFE INFORMATION | |
|--|--|---|
| <input type="checkbox"/> 8:00-8:15 <input type="checkbox"/> 8:15-8:30 *Ages 1-3 | Float for Life is a program for children ages 2 and 3 to teach them the basics of water safety. Classes are 15 minutes of ONE-ON-ONE instruction . While the class will not "drown-proof" children, it will teach basic water survival skills . | |
| LEVEL 1 | LEVEL 2 | LEVEL 3 |
| <input type="checkbox"/> 8:30-9:00 <input type="checkbox"/> 9:00-9:30 <input type="checkbox"/> 9:30-10:00 <input type="checkbox"/> 10:00-10:30 <input type="checkbox"/> 10:30-11:00 <input type="checkbox"/> 11:00-11:30 <input type="checkbox"/> 11:30-12:00 *Must be at least age 4 or have gone through Float for Life | <input type="checkbox"/> 8:30-9:00 <input type="checkbox"/> 9:00-9:30 <input type="checkbox"/> 9:30-10:00 <input type="checkbox"/> 10:00-10:30 <input type="checkbox"/> 10:30-11:00 <input type="checkbox"/> 11:00-11:30 <input type="checkbox"/> 11:30-12:00 *Must have passed level 1 | <input type="checkbox"/> 8:30-9:00 <input type="checkbox"/> 9:00-9:30 <input type="checkbox"/> 9:30-10:00 <input type="checkbox"/> 10:00-10:30 <input type="checkbox"/> 10:30-11:00 <input type="checkbox"/> 11:00-11:30 <input type="checkbox"/> 11:30-12:00 * Must have passed level 2 |
| LEVEL 4 | LEVEL 5 | LEVEL 6 |
| <input type="checkbox"/> 9:15-10:00 <input type="checkbox"/> 10:00-10:45 <input type="checkbox"/> 10:45-11:30 * Must have passed level 3 | <input type="checkbox"/> 8:30-9:15 * Must have passed level 4 | <input type="checkbox"/> 8:30-9:15 * Must have passed level 5 |

For further information contact the Aquatics Director, Nick Baker at nbaker@paplv.org

Testing Skills

Level 1

1. Enter water using a ramp, steps, or side
2. Exit water using a ramp, steps, or side
3. Blow bubbles for 3 seconds
4. Bobbing, 5 times
5. Open eyes under water and retrieve submerged objects
6. Front glide and recover to a vertical position
7. Back glide and recover to a vertical position
8. Back float for 5 seconds
9. Roll from front to back and back to front
10. Treading water arm and hand actions
11. Alternating and simultaneous leg and arm actions on front
12. Alternating and simultaneous leg and arm actions on back
13. Combined arm and leg actions on front
14. Combined arm and leg actions on back

Exit Skills:

1. Enter independently, travel 5 yards, bob 5 times, and safely exit the water.
2. Glide on front at least 2 body lengths, roll to a back float for 5 seconds, and recover to a vertical position.

Level 2

1. Step or jump from the side into shoulder-deep water
2. Exit water using ladder, steps, or side
3. Fully submerge and hold breath
4. Bobbing, 10 times
5. Open eyes under water and retrieve submerged objects
6. Rotary breathing
7. Front, jellyfish and tuck floats for 10 seconds
8. Front glide and recover to a vertical position
9. Back glide and recover to a vertical position
10. Back float for 15 seconds
11. Roll from front to back and back to front
12. Tread water for 15 seconds
13. Change direction of travel while swimming on front or back
14. Combined arm and leg actions on front
15. Combined arm and leg actions on back
16. Finning arm action on back

Exit Skills:

1. Step into chest-deep water, push off bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit water.
2. Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
3. Push off and swim using a combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for 5 body lengths.

Level 3

1. Jump into deep water from the side, submerge and return to the side
2. Headfirst entry from the side in seated and kneeling positions
3. Bobbing while moving to safety
4. Rotary breathing
5. Survival float for 30 seconds
6. Back float for 1 minute
7. Tread water for 1 minute
8. Change from vertical to horizontal position on front and back
9. Push off in streamlined position on front, then begin kicking
10. Swim the front crawl for 15 yards
11. Swim the elementary backstroke for 15 yards
12. Flutter, scissors, breaststroke, and dolphin kicks

Exit Skills:

1. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water
2. Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke 15 yards, then exit the water.

Level 4

1. Headfirst entry in compact and stride positions
2. Feetfirst surface dive
3. Swim underwater
4. Tread water using 2 different kicks
5. Survival swimming for 1 minute
6. Front crawl for 25 yards
7. Elementary backstroke for 25 yards
8. Back crawl for 15 yards
9. Butterfly for 15 yards
10. Breaststroke for 15 yards
11. Sidestroke for 15 yards
12. Open turn on front and back
13. Flutter and dolphin kicks on back
14. Push off in streamlined position on back, then begin kicking

Exit Skills:

1. Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary, and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 15 yards, change direction and position as necessary, and swim back crawl for 15 yards.
3. Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to surface, then exit the water.

Level 5

1. Shallow angle dive into deep water
2. Tuck surface dive
3. Pike surface dive
4. Tread water for 5 minutes
5. Tread water for 2 minutes using legs only
6. Sculling for 30 seconds
7. Front crawl for 50 yards
8. Butterfly for 25 yards
9. Breaststroke for 25 yards
10. Back crawl for 25 yards
11. Elementary backstroke for 50 yards
12. Sidestroke for 25 yards
13. Front flip turn
14. Backstroke flip turn

Exit Skills:

1. Perform a shallow angle dive into deep water, swim front crawl for 50 yards then swim elementary backstroke for 50 yards, using appropriate and efficient turning styles throughout.
2. Swim breaststroke for 25 yards and swim back crawl for 25 yards, using appropriate and efficient turning styles throughout.

Level 6

1. Front crawl for 100 yards
2. Elementary backstroke for 100 yards
3. Back crawl for 50 yards
4. Breaststroke for 50 yards
5. Sidestroke for 50 yards
6. Butterfly for 50 yards
7. Demonstrate open turns and front and back flip turns when swimming
8. Surface dive and retrieve object from the bottom, 7-10 feet deep

Exit Skills:

1. Swim 500 yards continuously, using 3 strokes of your choice at least 50 yards of each stroke.
2. Perform a Cooper 12-Minute swim test and compare with results from a pre-assessment

For further information contact the Aquatics Director, Nick Baker at nbaker@paplv.org