

# AMERICAN REDCROSS SWIM LESSONS

# LEVEL PLACEMENT

\*\*\*ANY CHILD UNDER THE AGE OF 6 MUST BE PLACED IN WATER EXPLORERS.

## *LEVEL 1*

1. MUST BE AT LEAST 6 YEARS OF AGE
2. THIS LEVEL IS WATER DISCOVERY.
3. PLACE CHILD HERE IF THEY ARE AFRAID TO PUT THEIR FACE IN THE WATER, WILL SWIM WITH HELP ONLY, WILL NOT OPEN EYES IN WATER, HAS NEVER HAD SWIM LESSONS BEFORE.



## *LEVEL 2*

1. PLACE CHILD HERE IF THEY MEET ANY OF THE FOLLOWING:
  - A. HAVE TAKEN SWIM LESSONS BEFORE
  - B. WILL PUT FACE IN WATER AND OPEN EYES
  - C. UNDERSTAND BASIC ALTERNATING OF ARMS AND LEG MOVEMENTS FOR SWIMMING.
  - D. HAS PASSED LEVEL 1 IN THE PAST



## *LEVEL 3*

1. PLACE CHILD IN THIS LEVEL IF THEY MEET ANY OF THE FOLLOWING:
  - A. HAS PASSED LEVEL 2 IN THE PAST.
  - B. CAN SWIM AT LEAST 15 YDS NON-STOP
  - C. CAN SWIM ON FRONT AND BACK WITH ALTERNATING LEG MOTIONS
  - D. CAN FLOAT FOR 30 SECONDS



## *LEVEL 4*

1. PLACE CHILD IN THIS LEVEL IF THEY MEET ANY OF THE FOLLOWING:
  - A. HAS PASSED LEVEL 3 IN THE PAST
  - B. CAN SWIM BREASTSTROKE, BACKSTROKE, AND FREESTYLE.
  - C. CAN FLOAT/TREAD WATER FOR 30 SECONDS OR LONGER
  - D. CAN SWIM 20 YDS NON-STOP WITH FACE IN WATER



**Poplar Bluff Parks and Recreation Department**  
**R. W. Huntington Municipal Pool**  
**Swimming Lesson Registration – 2023**  
**Cost - \$40.00**



**IMPORTANT INFORMATION PLEASE READ:** Please complete all of the following information including the level you are registering your child in. **American Red Cross has changed the lesson format so please be sure to read the description of the levels before completing this form.** Class sizes are limited and registration will be taken on a first come, first served basis. (Instructors reserve the right to determine your child's level of ability and place them accordingly if different from the level registered in.)

**PARTICIPANT INFORMATION**

**PLEASE CIRCLE ONE:**      MALE                      FEMALE                      **DATE OF BIRTH:** \_\_\_\_/\_\_\_\_/\_\_\_\_      **AGE:** \_\_\_\_

**NAME:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**DISABILITIES AND/OR MEDICAL CONDITIONS THAT COULD AFFECT YOUR CHILD:** \_\_\_\_\_

**PARENT/GUARDIAN:** \_\_\_\_\_ **EMERGENCY PHONE:** \_\_\_\_\_

Return this form to Poplar Bluff Parks and Recreation Office, 430 N. 2nd St., Poplar Bluff, MO 63901.

**American Red Cross Learn To Swim Program**  
**Water Explorer Classes MON—WED for 3 to 5 years old**  
**MUST be accompanied by a parent or guardian.**  
**Level 1: 6 Years Old and Over Only — Must be at least 42" tall.**  
**Level 5 and 6 MUST show proof of passing prior level to be placed.**

<p><b>Session 1</b>  <b>June 5-15</b>          (Monday – Thursday)</p> <p>Time:             ___ 11:00 a.m.             ___ 5:30 p.m.</p> <p>Level:             ___ Water Explorer             ___ (3 to 5 Years Old)             ___ Level 1             ___ Level 2             ___ Level 3             ___ Level 4             ___ Level 5             ___ Level 6             ___ Adult (5:30 only)</p>
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<p><b>Session 2</b>  <b>June 19-29</b>          (Monday – Thursday)</p> <p>Time:             ___ 11:00 a.m.             ___ 5:30 p.m.</p> <p>Level:             ___ Water Explorer             ___ (3 to 5 Years Old)             ___ Level 1             ___ Level 2             ___ Level 3             ___ Level 4             ___ Level 5             ___ Level 6             ___ Adult (5:30 only)</p>
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<p><b>Session 3</b>  <b>July 10-20</b>          (Monday – Thursday)</p> <p>Time:             ___ 11:00 a.m.             ___ 5:30 p.m.</p> <p>Level:             ___ Water Explorer             ___ (3 to 5 Years Old)             ___ Level 1             ___ Level 2             ___ Level 3             ___ Level 4             ___ Level 5             ___ Level 6             ___ Adult (5:30 only)</p>
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**Release and Hold Harmless:** I, the parent/guardian of the above named participant, hereby give permission for them to participate in any and all lesson activities during the specified session. In consideration of the acceptance of the above entry as a participant of the program conducted by the Poplar Bluff Parks and Recreation Department I do hereby waive, release and forever discharge any and all rights and claims for damages, which may hereafter accrue to me against the Poplar Bluff Parks and Recreation Department, the City of Poplar Bluff, their representative or successors, and/or arising out of travel to and return from said activities conducted throughout the session.

**Signature of Parent/Guardian** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_