

Swimming

LEARN TO SWIM PROGRAM

Learn To Swim Program - The American Red Cross has structured the Learn to Swim program to enable your child to obtain a smoother progression throughout the levels. Learn-to-Swim teaches aquatic and safety skills in a logical progression. The objective is to teach people to swim and to be safe in, on and around the water.

Skills are categorized in the following way:

- Water Entry and Exit
- Breath Control and Underwater Swimming
- Buoyancy
- Changing Direction and Position
- Treading
- Swimming on Front, Back and Side
- General and Personal Water Safety
- Helping Others

The learn-to-swim levels and the objectives for each level include:

IPAP Level – (Infant / Preschooler / and Parent)
0-23 Mo., 2-3 Yrs., 4-5 Yrs.

Level 1 6 Yrs. & Up

Introduction to Water Skills: helps students feel comfortable in the water and to enjoy the water safely.

Level 2 6 Yrs. & Up

Fundamental Aquatic Skills: gives students success with fundamental skills.

Level 3 6 Yrs. & Up

Stroke Development: builds on the skills in Level 2 by providing additional guided practice.

Level 4 6 Yrs. & Up

Stroke Improvement: develops confidence in the strokes learned and to improve other aquatic skills.

Level 5 6 Yrs. & Up

Stroke Refinement: provides further coordination and refinement of strokes.

Level 6 6 Yrs. & Up

Swimming and Skill Proficiency: refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with “menu” options. Each of these options focus on preparing students to participate in more advance courses, such as Water Safety Instructor and Lifeguard Training. These options include: Personal Water Safety, Lifeguard Readiness and Fitness Swimming

When registering, sign up for the desired time slot and level of ability. Classes are offered (depending on age and level) on Saturdays for 10 weeks or for 2½ week sessions meeting on Mondays, Tuesdays, Thursdays and Fridays for a total of 10 classes.

See Information Below Regarding Jr. Lifeguarding Classes.

Policies Of Zion Park District Swimming Lesson Programs Please read and understand.

1. Double lessons and make up lessons have been eliminated. If your child misses a class due to illness, vacation, etc., your child will not receive a make up lesson. Our sessions do include a rain date, in case we cancel lessons due to weather conditions or mechanical difficulties.
2. Register your child early to reserve a spot in class. We strive to keep a 1 to 8 ratio in our classes and when you register early, this enables us to plan accordingly, and in turn serve you better. Before test day, talk with your child’s swimming instructor and find out the progress your child has made.

3. Our swimming instructors enjoy teaching children, but all of us have different teaching styles. Please keep this in mind when observing lessons.
4. Parents’ Meetings –There will be parents’ meetings to inform you on policies and procedures for swimming lessons. The dates for these meetings will be announced at registration.
5. If the weather looks threatening, please call 746-5500 after 8:00 a.m. to check if lessons will be held.

IPAP - (Infants, Preschoolers And Parents)

In this program, PARENTS will be in the pool to assist the swimming instructor with their INFANT or TODDLER.

IPAP Wednesday Classes - 10 weeks

Code	Day	Date	Time	Ages
2-5000-1	Wed	6/9-8/11	10:15-10:45 am	2-3 Yrs.
2-5000-2	Wed	6/9-8/11	10:45-11:15 am	0-23 Mo.

Location: Port Shiloh Pool

Fees: Resident: \$35 Non-Resident: \$50

Registration Deadline: June 7

IPAP Saturday Classes - 10 weeks

Code	Day	Date	Time	Ages
2-5001-1	Sat	6/12-8/15	10:15-10:45 am	2-3 Yrs.
2-5001-2	Sat	6/12-8/15	10:45-11:15 am	0-23 Mo.

Location: Port Shiloh Pool

Fees: Resident: \$35 Non-Resident: \$50

Registration Deadline: June 10

Preschool Classes - 3-5 Years

This program is suited for children who are independent enough to participate in a class without a parent.

Preschool Wednesday Session - 10 weeks

Code	Day	Date	Time	Ages
2-5015-1	Wed	6/9-8/11	10:30-11:00 am	3-5 Yrs.

Location: Port Shiloh Pool

Fees: Resident: \$35 Non-Resident: \$50

Registration Deadline: June 7

Preschool Saturday Session - 10 weeks

Code	Day	Date	Time	Ages
2-5014-1	Sat	6/12-8/14	10:30-11:00 am	3-5 Yrs.
2-5014-2	Sat	6/12-8/14	11:00-11:30 am	3-5 Yrs.

Location: Port Shiloh Pool

Fees: Resident: \$35 Non-Resident: \$50

Registration Deadline: June 10

Preschool - 2½ Week Sessions - 10 Classes

Ages: 3 - 5 Years

Days: Monday, Tuesday, Thursday & Friday (class starts on Thursday)

Fees: Resident: \$35 Non-Resident: \$50

Location: Port Shiloh Pool

Date	Time	Code	Rain Dates	
Ses 1	June 10-25	11-11:30 AM	2-5011-2	6/29&30
Ses 2	July 1-16	10:30-11 AM	2-5012-1	7/19&20
		11-11:30 AM	2-5012-2	7/19&20
Ses 3	July 22-Aug 6	10:30-11 AM	2-5013-1	8/9 & 10
		11-11:30 AM	2-5013-2	8/9 & 10

Registration Deadlines:

Ses 1
June 7

Ses 2
June 28

Ses 3
July 19