

NORTH COUNTRY COMMUNITY COLLEGE

The State University of New York

RED CROSS SWIM LESSONS

North Country Community College will offer American Red Cross Swim Lessons for youth. Please see below for a complete description of class offerings, times, and costs.

5:00-5:30pm Infant and Child Aquatics (3 yrs and under) with Parent **\$50**

Infant and Child Aquatics prepares young children to get ready to swim by emphasizing fun in the water. Parents and Children participate in several guided practice sessions that help kids learn elementary swimming skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.

5:35 – 6:05pm Level I– Intro to Water Skills **\$50**

Level 1 is designed for 3-6-year old's that are comfortable in the water on their own, with a flotation device. Instructors work carefully with participants to develop skills without a flotation device.

6:10– 6:40pm Level II- Fundamental Aquatic Skills **\$50**

Those five years and older will enjoy *Level II's* introduction to strokes, floating, and treading. Comfort in deep water for short periods of time without flotation is the only prerequisite. Swimmers will learn front and back strokes and begin piecing it together to cover short distances.

6:45-7:15 pm Level II- Fundamental Aquatic Skills **\$50**

Those five years and older will enjoy *Level II's* introduction to strokes, floating, and treading. Comfort in deep water for short periods of time without flotation is the only prerequisite. Swimmers will learn front and back strokes and begin piecing it together to cover short distances.

Thursday Nights

September 12, 19, 26,

October 3, 10, 17, 24,

November 7th

The American Red Cross swim program's goal is to teach people to swim and to be safe in, on, and around the water and is designed to give students a positive learning experience.

For questions regarding placement into levels, please contact Debbie Fox- debbifox@hotmail.com

For more information on the Red Cross Swim Lessons please contact the NCCC Registrar's Office at records@nccc.edu or 518-891-2915 ext. 1689. The registration form is located on our website – www.nccc.edu –Academics tab – Center for Lifelong Learning – Course Registration(registration Form)

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