

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 pm – 5:30 pm **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 pm – 6:05 pm **Level I– Intro to Water Skills \$50**

6:10 pm – 6:40 pm **Level I– Intro to Water Skills \$50**

Level I is designed for 3-6 year olds 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.

6:45 pm – 7:15 pm **Level II– Fundamental Aquatic Skills \$70**

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 both front and back strokes and begin piecing it together to cover short distances.

7:20 pm – 7:50 pm **Level III– Stroke Development \$70**

These swimmers will be getting their first taste of the elementary backstroke, sidestroke, and Breaststroke in addition to working on breathing and diving. There is also more emphasis placed on distance swimming, though fun remains a key component.

7:55 pm – 8:25 pm **Level IV– Stroke Improvement \$70**

Level four introduces the butterfly and continued refinement of the breast stroke, front crawl, sidestroke and diving.

All of the above swim classes will meet on Monday evenings on the following dates:

September 10, 17, 24

October – 15, 22, 29

November – 5, 12

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)