

2018 Spring Swim Lessons

Learn-to-Swim Program - Sponsored by the American Red Cross

Location: Perry Natatorium

*Perry High School
3737 13th Street SW
Massillon, Ohio 44646
(330) 478-6157*



Evening Sessions (Mondays & Wednesdays)

6:00-6:30 Ages 3-5 with parent & instructors in the water

6:30-7:15 Ages 6 & Up - Levels 1-3

7:15-8:00 Ages 6 & Up - Levels 4-6

Session A: 8 Lessons on the following dates: March 19,21, April 2,4,9,11,16,18

Session B: 8 Lessons on the following dates: April 23,25,30, May 2,7,9,14,16

Saturday Sessions

10:00-10:45 Fundamentals of Diving Class

10:45-11:15 Ages 3-5 with parent & instructors in the water

11:15-12:00 Ages 6 & Up - Levels 1-3

12:00-12:45 Ages 6 & Up - Levels 4-6

Session C: 8 Lessons on the following Saturday dates:

March 24, April 7,14,21,28, May 5,12,19

All Sessions are \$32.00. Registrations will be taken at the Athletic Office, in person, between 7:30 AM to 3:30 PM Monday thru Friday with payment by Cash or Check payable to PERRY NATATORIUM beginning February 15 thru March 14th .

ALL Classes are on a FIRST-COME, FIRST-SERVE BASIS, with a limited number openings for each class. No WALK-UP registrations will be accepted. Sign up ASAP.

Perry Local Schools Website under the Parents/Community Tab - Perry Pool - Perry Aquatics Site: <http://perrylocal.org/aquatics/> or call Tom Ryan @ 330-478-6159

Sorry No Refunds

Each level of Learn-to-Swim includes training in basic water safety & helping a swimmer in distress in addition to the skills outlined below:

Level 1: Enter & exit water using ladder, steps, or side/ blowing bubbles thru mouth and nose, 3 seconds/ bobbing, 3 times/ opening eyes underwater & retrieving submerged objects, 2 times in shallow water/ front & back glide, 2 body lengths/ back float, 3 seconds/ recover from a front & back glides and floats to a vertical position/ roll from front to back and back to front/ treading using arm and hand actions in chest deep water/ alternating leg & arm action on front & back for 2 body lengths/ simultaneous leg & arm actions on front & back for 2 body lengths.

Level 2: Enter water by stepping or jumping from side in shoulder deep water/ exit water using ladder, steps, or side in chest deep water/ fully submerging & holding breath, 5 seconds/ bobbing 5 times in chest deep/ front, jellyfish, & tuck floats each for 5 seconds/ back float, 15 seconds/ change direction of travel while swimming on front or back/ treading using arm & leg actions, 15 seconds in shoulder deep/ combined arm & leg actions on front & back, 5 body lengths/ finning arm action on back, 5 body lengths.

Level 3: Enter water by jumping from side into deep water(9 feet or more)/ headfirst entries from side into deep water from sitting & kneeling positions/ bobbing while moving toward safety, 5 times in chest deep/ rotary breathing, 10 times/ survival float on front & back for 30 sec. each/ change from vertical to horizontal on front & back in deep/ treading water, 30 sec. in deep/ push off in streamlined position on front & use flutter and dolphin kicking, 3-5 body lengths/ front crawl & elementary backstroke, 15 meters(3/4 of pool length) each/ scissors kick, 10 meters.

Level 4: Headfirst entry from side into deep in stride & compact positions/ swim underwater, 3-5 body lengths/ feet first surface dive, submerging completely/ survival swimming, 30 sec. in deep/ front crawl & backstroke, open turns/ front crawl & elementary back, 1 pool length/ swim breaststroke, backstroke, & butterfly, 3/4 of pool length for each.

Level 5: shallow-angle dive from side into deep/ from shallow dive, glide 2 body lengths & begin any front stroke/ perform a pike & tuck surface dive/ front flip turn & backstroke flip turn while swimming/ tread water, 5 minutes/ Front crawl & elementary backstroke, 2 pool lengths each/ breaststroke, butterfly, back crawl, & sidestroke, 1 length of each/ standard scull, 30 seconds.

Level 6: Front crawl (freestyle) & elementary backstroke, 4 lengths each/ Back crawl, breaststroke, sidestroke, & butterfly, 2 lengths of each/ front & back open turns, along with turns for back, side, breast, & butterfly while swimming / circle swimming/ use of a pace clock, pull buoy, fins, & paddles/ swim 20 lengths, non-stop w/ 3 strokes.

