

The American Red Cross WSI based classes provide instruction to help swimmers of all ages and abilities develop their swimming and water safety skills. It is designed to give students a positive learning experience.

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.

ClubWorx offers five learn-to-swim levels and the objectives for each level include:

Water Babies/Tots (Infants to 3 years old)

Introduction to Water Skills: helps students feel comfortable in the water and to enjoy the water safely. This is a parent driven class where students will take home an understanding of water safety rules, submerge underwater, blow bubbles in the water and how to enter and exit the water safely.

Beginner (Approximately 3 years and older)

Fundamental Aquatic Skills: gives students success with fundamental skills. Students will learn to enter the water independently, Submerge entire head and pick up objects off the pool floor, safety bobbing, demonstrate front glide with addition of freestyle stroke and show comfort floating.

Level 2 (approximately 6 years and older)

Stroke Development: builds on the skills in Level 2 by providing additional guided practice. Students will jump into deep water from the side of the pool, learn rotary breathing while performing strokes, freestyle and modified or full backstroke, and tread deep water for 30 seconds.

Level 3

Stroke Improvement: develops confidence in the strokes learned and to improve other aquatic skills. In addition to improving the above techniques for a longer duration of time students will also learn diving from the side of the pool, swimming underwater, and demonstrate each stroke for the following distances:

- Front crawl–25 yards
- Back crawl–25 yards
- Butterfly– 15 yards
- Breaststroke–15 yards
- Elementary backstroke 15 yards

Level 4

Stroke Refinement: provides further coordination and refinement of strokes. Most children in this level would be comfortable on a swim team. Students will demonstrate the following strokes:

- Front crawl–50 yards
- Back Crawl–50 yards
- Butterfly–25 yards
- Breaststroke–25 yards
- Elementary backstroke–25 yards
- Sidestroke–25 yards

Private

Whether you're a novice or trained athlete, ClubWorx possesses talented instructors at every level. If you are unsure about which level you or your child needs to be placed please contact Deanna Burke for more information and to be paired with the appropriate instructor. ClubWorx offers swim lessons to both Member and Non-Members with either a private or semi-private (two students at the same level).