AMERICAN RED CROSS SWIM INSTRUCTION:
The American Red Cross has many levels of swimming instruction suitable for instruction with all ages. Please take a moment to read the descriptions of the levels to place your child where you believe they will best fit. Our instructors will evaluate your child on the first day of class and they may be moved to a more suitable level based on their abilities.

LEVEL INFORMATION
Parent Tot: Ages 6 months to 3 years. Parents participate in water with the child. Please have one parent per “tot”.

Preschool Aquatics Levels 1 and 2: Ages 4 to 5 years. Children learn water safety and foundational swimming skills that are age appropriate.

Learn to Swim: Ages five to 12 years.
   Level 1 – Introduction to Water Skills – Skills include submerging of mouth, nose and eyes. Also, swimming on front and back using arm and leg actions with support.
   Level 2 – Fundamental Aquatic Skills – Skills include entering water by stepping or jumping from the side to swimming on front and back using combined arm and leg actions.
   Level 3 – Stroke Development – Skills include submerge and retrieve an object in chest deep water to performing front and back crawl.
   Level 4 – Stroke Improvement – Skills include feet-first surface dive as well as performance of all strokes (craw, side, breast, etc.)
   Level 5 – Stroke Refinement – Skills include further coordination and refinement of strokes as well as skills for survival swimming.
   Level 6 – Swimming and Skill Proficiency- Skills include swimming for fitness as well as some items preparing students to participate in more advanced courses, including the Water Safety Instructor, Lifeguard Training course, and Youth Swim Teams.

NOTE: Ages for each of the levels are just a suggestion to help place your child.

CLASS DAYS & TIMES:

SESSION ONE

<table>
<thead>
<tr>
<th>Level</th>
<th>Days/Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Levels 1 &amp; 3</td>
<td>Tuesdays 9/15-10/13</td>
<td>5:30-6:00 P.M.</td>
</tr>
<tr>
<td>Levels 2 &amp; 4</td>
<td>Tuesdays 9/15-10/13</td>
<td>6:10-6:40 P.M.</td>
</tr>
<tr>
<td>Levels 5 &amp; 6</td>
<td>Tuesdays 9/15-10/13</td>
<td>6:50-7:20 P.M.</td>
</tr>
<tr>
<td>Parent Tot &amp; Level 1</td>
<td>Saturdays 9/12-10/10</td>
<td>1:00-1:30 P.M.</td>
</tr>
<tr>
<td>PS 1 &amp; Level 2</td>
<td>Saturdays 9/12-10/10</td>
<td>1:40-2:10 P.M.</td>
</tr>
<tr>
<td>PS 2 &amp; Level 3</td>
<td>Saturdays 9/12-10/10</td>
<td>2:20-2:50 P.M.</td>
</tr>
</tbody>
</table>

SESSION TWO

<table>
<thead>
<tr>
<th>Level</th>
<th>Days/Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Levels 1 &amp; 3</td>
<td>Tuesdays 10/27-12/1</td>
<td>5:30-6:00 P.M.</td>
</tr>
<tr>
<td>Levels 2 &amp; 4</td>
<td>Tuesdays 10/27-12/1</td>
<td>6:10-6:40 P.M.</td>
</tr>
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</tbody>
</table>

*Note: No Classes Tuesday, November 24!

OTHER INFORMATION

More Information:
If you have any questions or comments, please e-mail Jolene Lambert (Swim Lesson Coordinator) at swimlessons@niagara.edu or call the Kiernan Center at (716) 286-8055.

Class Time:
Each class is 30 minutes in length and will typically consist of organized instruction and approximately 5 minutes of free play time.
REGISTRATION INFORMATION:
Registration will be done on a first come first serve basis. Payment can be made in person or by mail. Please make checks payable to: Niagara University. Check and registration forms can be mailed to:

    Niagara University
    Kiernan Center
    Niagara University, NY 14109
    PHONE: 286-8055

NOTE: To determine staffing needs, pre-registration is required along with payment. A $10 surcharge applies to registrations collected the day of the first class and after.

PARKING INFORMATION:
While school is in session convenient parking can be very difficult to find. Please arrive early enough to locate a parking space so that you will not be late for class.

CANCELLATION POLICY:
Cancellations of swim instruction on behalf of the NU staff will be rescheduled on a separate date and time. Any classes missed by the student will not be rescheduled.

CLASS FEES & INFORMATION:
Class Fee: $60.00 a session per swimmer
Session: 5 classes, which are 30-minutes in length
Discounts: (Only 1 Discount per Swimmer)

  Discount #1-Family Discount
  $5.00 discount will be given for each additional sibling taking swim lessons.

  Discount #2-Multiple Sessions
If your child is signed up for both sessions prior to the start of the first session, the fee will be $110 (If our instructors feel that your child should move up a level after session one, this will not affect your discount.)

  Only 1 Discount per Swimmer