



**American Red Cross**

*Together, we can save a life*

**Fitness For Kids** is a Proud Provider of  
the American Red Cross Swimming and  
Water Safety Programs

# Swimming Classes

## American Red Cross Swimming Classes

Red Cross Learn-to-Swim features six levels of instruction to help swimmers of all ages and abilities develop their skills.

### **Parent and Child Aquatics**

Parents and children (ages 6 months up to 5 years) learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control.

#### **Level 1 – Introduction to Water Skills**

- The Waddles (6 mos. to 3 1/2 yrs.)
- Time: 4:15 - 4:45 p.m.

#### **Level 2 – Fundamental Aquatic Skills**

- The Duckies (3 1/2 to 5 yrs.)
- Time: 4:50 - 5:20 p.m.

#### **Stoke School (6 yrs. & up)**

Level 3 – Stroke Development

Level 4 – Stroke Improvement

- Time: 5:25-5:55 p.m.

Level 5 – Stroke Refinement

Level 6 – Swimming and Skill Proficiency

- Time: 6:00 – 6:30 p.m.



## Class Information

**Days:** M/W/F

**Sessions:**

- I. May 22 – June 8
- II. June 15 – July 1
- III. July 6 - July 22
- IV. July 27 – August 12

**Cost: \$100/session of 8 classes**

*Private & Adult Classes Also Available upon request*

**Cost: \$35/session for a minimum of 3 classes**

**Saturday classes coming soon!**

**For more information about American Red Cross Swimming Classes offered at The Ridges, contact Fitness For Kids at 954-649-4644 or [www.fitnessforkids.biz](http://www.fitnessforkids.biz)**