

## 2013-2014 Swimming Lessons at Camp Courageous

Written by Charlie Becker

Thursday, 24 October 2013 08:06

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It's time for American Red Cross Learn-to-Swim classes at Camp Courageous. Lessons are held Monday to Friday after school beginning December 2, 2013.

Transportation is provided to and from Monticello schools at the end of the school day (approximately 3:20 pm – 4:15 pm). Each session includes 8 – 10 lessons. Cost is \$50 per child per session (\$45 without transportation).

**Level 1:** Water Exploration – Children learn basics of swimming: bobbing, floating in prone & supine positions, gliding in prone & supine position flutter kick in prone & supine positions, front crawl, basic safety rules, & jumping in.

**Level 2:** Primary Skills – Children should already be able to: float on front & back and put head under water. Children will work on: floating, gliding, flutter kick, front crawl, back crawl, turning over from front to back and back to front, retrieving object, and jumping into deep water.

**Level 3:** Stroke Readiness – Children should already be able to: swim front & back crawl. Children will work on: gliding, front crawl, back crawl, elementary backstroke, retrieving object, treading water, jumping into deep water, kneeling dive, and compact dive.

**Level 4:** Stroke Development – Children should already be able to: swim front & back crawl 10 yards, elementary backstroke, and dive in kneeling and compact position. Children will work on: deep water bobbing, rotary breathing, front crawl, back crawl, elementary backstroke, scissors kick & side stroke, whip kick & breaststroke, intro to turning at wall, treading water with modified scissors, breaststroke, rotary kicks, and diving in stride & standing positions.

**Level 5:** Stroke Refinement -Children should already be able to: swim front & back crawl 25 yards, elementary backstroke 10 yards, scissors kick, whip kick, treading water, & diving. Children will work on: alternate breathing, stride jump, long shallow dive, front and back crawl, elementary backstroke, side stroke, breaststroke, dolphin kick & butterfly, open turn on front & back, feet-first surface dive, & treading water.

**Level 6:** Children should already be able to: swim front & back crawl 50 yds, elementary backstroke 25 yards, breaststroke 25 yards, butterfly 25 yards, side stroke 10 yards, tread water 3 minutes, & dive. Children will work on: All six strokes, front and back crawl flip turn, breast stroke turn, breaststroke speed turn and pullout, butterfly turn, side stroke turn, pike & tuck surface dive, tread water 5 minutes, & basic water rescue.

### After-School Sessions:

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Session 1: 12/2/13 - 12/13/13 - Levels 1, 2, 3, and 4    Session 2: 1/13 - 1/24 - Levels 2 and 3

Session 3: 1/27 - 2/7 - Levels 1, 3, and 4

Session 4: 2/10 - 2/21 - Levels 2 and 5    Session 5: 2/24 - 3/7 - Levels 1 and 6

**Later-Time Classes:** Camp DOES NOT provide transportation for the following lessons. Later Time Classes are held 5:00-5:45. Each session includes 8-10 lessons. Cost \$45 each.

### Later-Time Sessions:

Session 6: 12/2/13 - 12/13/13 - Levels 1, 2, and 3

Session 7: 1/27 - 2/7 - Levels 2, 4, and 5.

**Parent & Child Aquatic:** For ages 6 months to about 3 years. Designed to give young children a head start on swimming. Great for children to get comfortable in the water and begin to work on basic skills while interacting with instructor and other children in a fun and safe environment. NOTE: A parent (or adult) must accompany the child in the water. Swim diapers are required. Camp DOES NOT provide transportation for these lessons. Cost is \$25 per child.

Session 8: Saturdays 2/1, 2/8, 2/15, 2/22; 8:00 a.m. – 8:30 a.m.

**Preschool Aquatics:** For children about ages 3 – 5. Designed to orient preschool-age children to the aquatic environment and to begin working on basic aquatic skills such as: enter & exit the water, blow bubbles through mouth & nose, go under water, bobbing, front & back glides, retrieve submerged objects and learn how to stay safe in the water. Children who are not potty trained must wear a swim diaper. Camp DOES NOT provide transportation for these lessons. Cost is \$35 per child.

Session 9: 1/27 — 2/7 (M, W, & F) 11 am — 11:45 am

Session 10: 2/1, 2/8, 2/15, 2/22, 3/1, 3/8 (Saturdays) 8:30 a.m.-- 9:15 a.m.

Session 11: 2/1, 2/8, 2/15, 2/22, 3/1, 3/8 (Saturdays) 9:15 a.m.-- 10:00 a.m.

**St John's Preschool Aquatics:** Camp also offers lessons to children at St John's Day Care with camp providing transportation. Cost is \$40 per child. using the camp's online request system on Monday, November 4, 2013 at 8 AM or after. Optional: register by leaving a message for Carol Melton @

Session 13: April 11 - 13, 2014 Friday 6pm-10pm, Saturday 8am-8pm, Sunday 10am-5pm

Session 14: May 9 - 11, 2014 Friday 6pm-10pm, Saturday 8am-8pm, Sunday 10am-5pm

**Lifeguard or CPR/FPR Recertification:** For individuals who need to renew their certification(s) All water and land skills will be tested & written tests will be administered Cost \$75 (\$50 CPR/FPR).

April 13, 2014 Sunday 10am-5pm

Session 16: May 11, 2014 Sunday 10am-5pm

Session 15:

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