

Youth Swimming Lessons

Fee for Preschool/Youth swim classes (if there are fewer than 8 or 10 classes the price will be pro-rated accordingly)

Eight, 30-minute classes:	\$40.00 for first family member \$36.00 for each additional immediate family member
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Ten, 30-minute classes:	\$50.00 for first family member \$44.00 for each additional immediate family member
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*****The following class descriptions have been updated to reflect the program updates effective February 2009. Augustus Brown Swimming Pool will be implementing the new American Red Cross guidelines beginning May 1, 2009.*****

American Red Cross Learn-to-Swim Program

Level 1 – Introduction to Water Skills: The objectives of Level 1 are to learn basic personal water safety information and skills, to help the participants feel comfortable in the water and to enjoy the water safely. Skills to be performed at this level include: fully submerging head for 3 seconds, gliding on front and back for at least 2 body lengths, and combined strokes on front and back with support for at least 2 body lengths. The Exit Skills Assessments for this level are: 1. Enter the water independently using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water; 2. Glide on front at least 2 body lengths, roll to back float for 3 seconds and recover to vertical position.

Level 2 – Fundamental Aquatic Skills: This course is for individuals who hold a Level 1 certificate or can demonstrate competency in Level 1 skills and Exit Skills Assessments. The objective of Level 2 is to give participants success with fundamental skills. This level marks the beginning of true locomotion skills. Skills to be performed at this level include: fully submerging head for 5 seconds, unsupported floating on back for 15 seconds, changing direction while swimming and unsupported combined strokes on front and back. Exit Skills Assessments for this level are: 1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back and float for 5 seconds then return to a vertical position; 2. Move into a back float for 5 seconds, roll to front then recover to a vertical position; 3. Push off and swim using a combined leg and arm actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming 5 body lengths.

Level 3 – Stroke Development: This course is for individuals who hold a Level 2 certificate or can demonstrate competency in Level 2 skills and Exit Skills Assessments. Students will build on previously learned skills by learning to coordinate the front crawl, elementary backstroke, scissors kick, and dolphin kick. Exit Skills Assessment for this level is: Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

Level 4 – Stroke Improvement: This course is for individuals who hold a Level 3 certificate or can demonstrate competency in Level 3 skills and Exit Skills Assessments. Students will improve their skills and increase their endurance by swimming familiar strokes for greater distance. Students add the arms to the scissors kick for sidestroke, learn the back crawl, breaststroke, butterfly and the basics of turning at the wall. Exit Skills Assessments for this level are: 1. Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards; 2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 25 yards.

Level 5 – Stroke Refinement: This course is for individuals who hold a Level 4 certificate or can demonstrate competency in Level 4 skills and Exit Skills Assessments. Students will refine performance of all strokes and increase their distances. Flip turns on the front and back are also introduced. Exit Skills Assessments for this level are: 1. Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards; 2. Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.

Level 6 – Swimming and Skill Proficiency: This course is for individuals who hold a Level 5 certificate or can demonstrate competency in Level 5 skills and Exit Skills Assessments. Students will refine strokes to swim with more ease, efficiency, power and smoothness over greater distances. This course also allows the student to experience other aquatic activities and offers three options – Personal Water Safety, Fundamentals of Diving, and Fitness Swimmer. Each option has a basic Exit Skills Assessment of: swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.

Personal Water Safety: This component teaches self-help skills and basic safety for open water and boating. Additional Exit Skills Assessments for this component are: 1. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes. 2. Perform a feet-first surface dive, retrieve an object from the bottom of the pool at a minimum depth of 7 feet, return to surface and return to starting point.

Fundamentals of Diving: This component teaches the basic readiness for springboard diving, including stretches designed for diving. Additional Exit Skills Assessments for this level are: 1. Perform a two-part takeoff with a feet-first entry from a 1-meter diving board. 2. Perform a two-part takeoff with a head-first entry from a 1-meter diving board.

Fitness Swimmer: This component is designed to encourage good lifetime fitness habits and can help students prepare for entry into a competitive swim program. The Cooper 12-minute swim test will be administered on the first and last day of class to monitor progress.

Pool Contact Information

Physical Address: 1619 Glacier Avenue (next to the Juneau-Douglas High School)
Phone: 586-5325
FAX: 463-2670
Web Page: www.juneau.org/parksrec/pool

The best times to call the pool for information are:

Monday – Friday	6:30 a.m. – 8:00 a.m. 9:00 a.m. – 9:00 p.m.
Saturday	10:00 a.m. – 4:00 p.m.
Sunday	Noon – 6:00 p.m.

*Scholarships are available through The City and Borough of Juneau Parks & Recreation Department. Applications for scholarships are available at the swimming pool front counter and the Parks & Recreation offices. **Completed scholarship forms must be submitted for approval to the Parks & Recreation offices prior to enrolling in lessons.** For more information about scholarships contact Parks & Recreation at 586-5226, Monday – Friday, 8:00 a.m. – 4:30 p.m.*