Swim Lessons FAQ’s

1. How do I know what level to sign up my child for swim lessons?
   a. Please click here for level descriptions and what skills are prerequisites

2. What do I need to wear/bring with me for swim lessons?
   a. Adults and children will need proper swim wear to participate in swim lessons
      i. Men/boys- lined swim trunks (gym shorts are not allowed)
      ii. Women/girls- a lined swim suit, two pieces are permitted but it needs to be something that you can move in comfortably without coming off
   b. Goggles- these are not required, but they are helpful for those who may not be comfortable with opening their eyes under water
   c. Towel
   d. Children who are not potty trained are required to wear a swim diaper in the pool at all times under the proper swimwear.

3. Can two of my children split a private swim lesson?
   a. Private swim lessons are one-on-one with an instructor. However, we do offer semi-private lessons where they could take lessons together.

4. Can I choose my instructor?
   a. Group lessons will be assigned by the Aquatic Coordinator and participants are unable to pick the instructor that they will get.
   b. Private and Semi Private lessons may request an instructor of your choice as long as both of your schedules are compatible

5. What if I miss a lesson?
   a. Private lessons can be made up if canceled in advance.
   b. If participant misses a lesson without at least 3 hours prior notice or the participant is over 15 minutes late the lesson is forfeited.
   c. Participant must contact instructor directly to reschedule a lesson.
   d. Group swim lessons are not made up unless class is canceled by the university for unforeseen circumstances.

6. Which is better: group or private lessons?
   a. Both types of lessons are taught by certified American Red Cross swim instructors and both follow the American Red Cross program.
b. It is a personal preference whether you take group or private lessons.

c. Group lessons can be more effective for children because of the group atmosphere they are able to learn with the motivation of others and the peer influence to succeed.

d. Private lessons are great for those with a tight schedule who need to take lessons that can be given at a time that is convenient for them. They are also great for those who want to work on a particular skill.

7. Can I get a refund if I don’t like my instructor?
   a. Unfortunately, we do not give refunds after the first lesson is given but you can contact our aquatic coordinator to switch instructors to find a better fit.

8. Are private lessons good for training for a triathlon?
   a. Absolutely! Your instructor can work on proper stroke technique along with helping you build endurance and increase your swimming pace.

For more information, please call 901.678.3461 or e-mail Ashley Chism, the Aquatic and Safety Coordinator, at amchism1@memphis.edu

**Youth Class Level Identification:**

- **Beginners I-** no previous water experience. This level teaches the fundamentals of swimming
  - **American Red Cross Level 1-2**

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<thead>
<tr>
<th>Course</th>
<th>Purpose</th>
<th>Prerequisites</th>
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| Learn-to-Swim Level 1: Introduction to Water Skills | • Orient participants to the aquatic environment and help them gain basic aquatic skills.  
  • Help participants begin to develop positive | • No skill prerequisites  
  • Participants usually start at about 6 years of age |
<table>
<thead>
<tr>
<th>Attitudes and Safe Practices around Water</th>
<th>Learn-to-Swim Level 2: Fundamental Aquatic Skills</th>
<th>Build on the basic aquatic skills and water safety skills and concepts learned in Level 1</th>
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<tbody>
<tr>
<td></td>
<td><strong>Enter independently, using either the ramp, steps or side, travel at least 5 yards, bob 5 times, then safely exit the water. (Participants can walk, move along the gutter or “swim.”)</strong></td>
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<td><strong>2. Glide on front at least 2 body lengths, roll to a back float for 5 seconds, then recover to a vertical position. (This part of the assessment can be performed with assistance.)</strong></td>
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Beginners II - basic water skills mastered can float on front and back, swim 15 feet without assistance, glide and kick

American Red Cross Levels 2-3

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| Learn-to-Swim Level 3: Stroke Development   | Build on the skills learned in Levels 1 and 2 to help participants achieve basic water competency in a pool environment | Enter independently, using either the ramp, steps or side, travel at least 5 yards, bob 5 times, then safely exit the water. (Participants can walk, move along the gutter or “swim.”)
2. Glide on front at least 2 body lengths, roll to a back float for 5 seconds, then recover to a vertical position. (This part of the assessment can be performed with assistance.)
3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front, then continue swimming for at least 5 body lengths. |

Intermediate - swims easily on stomach in deep water, breathes side to side and can swim front crawl and elementary backstroke

- Students must be able to swim 25 yards without stopping front crawl and/or elementary backstroke to sign up for this level
- This class is designed for youth and teens ages 6-18 years of age
### American Red Cross Levels 4-5

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<tr>
<td>Learn-to-Swim Level 4: Stroke Improvement</td>
<td>Improve participants’ proficiency in performing the swimming strokes that were introduced in Level 3</td>
<td>Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water. 2. Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.</td>
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<tr>
<td>Learn-to-Swim Level 5: Stroke Refinement</td>
<td>Help participants refine their performance of all six swimming strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke)</td>
<td>Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards. 3. Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the water.</td>
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</tbody>
</table>
• The first day of class is used to evaluate what level your child should start in.
  o Instructors will test each swimmer and will move them to the level that is appropriate.
  o This is time consuming, but is in the best interest of the child, so we can start him/her on the level that best suits their ability.