

# American Red Cross Swim Class Descriptions

Please use the following descriptions to determine which class best suits the ability level of your child. Class sizes are kept small to ensure a quality experience.

## Infant/Toddler Swim Classes

Age: 6 months – 3 years

Developed for children 6 months to 3 years of age: American Red Cross Parent and Child Aquatics builds swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more. \*\*Special Requirements: An adult must accompany the child in the water, and swim diapers are required for those children who are not potty-trained.



## Pre-School Swim Classes

Age: 3 - 5 years

Pre-School 1 - This class is for children with minimal or no water experience. It is for non-swimming children who are not yet comfortable putting their face in the water.

Pre-School 2 - This class is for children who are comfortable in the water, can put their face in, but are not yet swimming or floating (front and back) on their own.

Pre-School 3 - This class is for children who are very comfortable in the water, can front and back float for at least 5 seconds with NO assistance, and are swimming on their own with NO assistance or floatation device.

## Youth & Adult Level Swim Classes

Age: 5 1/2 years through Adult

Level 1 – This class is for children with minimal or no water experience. Non-swimming children who are not yet comfortable with their face in the water belong in this class.

Level 2 – This class is for children with some water experience who are comfortable putting their faces in the water, but are not yet swimming on their own.

Level 3 – This class is for children who can swim and float unassisted on both the front and back, but are just beginning to work on strokes.

Level 4 – This class is for children who can swim front and back crawl for 15 yards and tread water for at least 30 seconds.

Level 5 – This class is for children who can swim 25 yards of front and back crawl, as well as 15 yards of breaststroke and elementary backstroke.

## Myrtle Beach Marlins

Considering competitive swimming? Check out the City Marlins. Year Round Recreational Competitive Swimming!