

Jump Start to Lessons!



A learn to swim program just for your preschooler!

Ages 4 & 5

Jump Start is an American Red Cross Preschool program designed for children who are approximately 4 and 5 years of age. The purpose of the course is to facilitate developmentally appropriate learning of fundamental water safety and aquatic skills.

Classes will meet 30 minutes, twice a week

Classes fees, dates, and times are on the registration page

Program Details

Objectives

- Fully submerge and hold breath
- Rotary breathing
- Front glide
- Back glide
- Swim on front
- Swim on back

Safety Skills

- Bobbing
- Floating on front
- Floating on back
- Roll from front to back
- Roll from back to front
- Tread water