

Town of Pendleton Summer Recreation
Aquatics Program 2011 Registration Information

The American Red Cross currently has 6 levels of swimming, followed by their Guard Start and Lifeguarding Programs. Please use the following guidelines when signing you child up for our summer aquatics program.

Level 1- Shallow End- Beginners- Needs one-on-one assistance.

Level 2- Must be able to... swim on front and back without assistance. Students will learn how to float & glide and learn the basics of the front and back crawl. Students will eventually explore the deep end and work on diving skills.

Level 3- Deep End- Advanced Beginners- Students will focus on improving the front & back crawl. Students will be introduced to the sidestroke and elementary backstroke. Students will be working towards building endurance and swimming for 25 yards.

Levels 4-6 Deep End- Intermediate Swimmer- Focuses on building technique and fitness. Students will be introduced to the breaststroke, butterfly, and flip turns. Students will improve the front crawl, back crawl, side stroke and elementary backstroke and swim them for greater distances. Students will swim daily laps based on ability.

Free Swim- This free swim hour is open to anyone in the program. You may attend as many days a week as you would like.

Swim Times-	9-10am, 10-11am, 2-3pm	Levels 1, 2, & 3
	11am-12:30PM	Levels 4, 5, & 6
	1-2pm	Free Swim