The Red Cross Learn to Swim program is designed to teach ages 6 months and up, fundamental swimming, stroke technique, and diving in a logical progression. The program promotes learning how to be safe in, on, and around the water.

Swim Lessons
Reduce the risk of drowning by 88%

2019 Finn’s Learn to Swim Program
Indian River County Recreation offers swimming lessons for all ages and ability levels in a safe and supportive environment. Students may choose from group or private lessons.

PRIVATE / SEMI-PRIVATE LESSONS (Year-Round) / $80 - (4) 30 min lessons
Want to set up an individualized set of lessons, tailored to all of your specific needs? Please email splashnews@ircgov.com, or call (772) 226-1747, to book your private lesson today.
Fee: $80 / (4) 30 minute lessons / Ages 2 - Adult / Times vary

GROUP LESSONS (May - August) / $40 - (8) 25 min lessons / Registration begins May 4th

BABY & ME: Adult and Child learn together to increase a child’s comfort to water and build a foundation of basic skills, movements and breath control through songs and games.
Fee: $40 / 8 - 25 minute lessons / Ages 6 mo - 2 years / Mornings and Evenings available

PRESCHOOL 1-3: Preschoolers build on fundamental skills and water safety; floating, gliding, treading.
Fee: $40 / 8 - 25 minute lessons / Ages 3 - 5 years / Mornings and Evenings available.

LEVEL 1-5: Swimmers develop swimming strokes, gliding, floating, treading and learn water safety.
Fee: $40 / 8 - 25 minute lessons / Ages 6 - 11 / Mornings and Evenings available

TEEN BEGINNER/ADV: Teens develop swimming skills from the fundamental to advanced.
Fee: $40 / 8 - 25 minute lessons / Ages 12 - 17 / Mornings and Evenings available

ADULT BEGINNER/ADV: Adults learn basic swimming strokes to advanced stroke development.
Fee: $40 / 8 - 25 minute lessons / Ages 18+ / Mornings and Evenings available

GROUP REGISTRATION BEGINS MAY 4, 2019
North County Aquatic 9am - 12pm  Gifford Aquatic 12:30 - 3:30pm
Subscribe to splashnews@ircgov.com to receive group schedule, released first week of May.
First day of registration: Receive $5.00 discount for each session.

North County Aquatic 9450 CR 512 Sebastion, FL (772) 581-7665
Gifford Aquatic 4895 43rd Ave Vero Beach, FL (772) 770-5312
Baby and Me
6 months - 2 years
Adult and child learn together to increase a child’s comfort to water and build a foundation of basic skills, movements and breath control through songs and games.
*Adult participation required

Baby and Me II
1-2 years
Adult and child build on learned aquatic skills and water safety through guided practice, such as arm/leg movements and entries and exits.
*Adult participation required

Adapted Preschool 1
3-5 years
Preschoolers first introduction to fundamental swimming skills and water safety. Student must be comfortable in the water without guardian. Skills: Face submersion, Entries/Exits, Assisted glides and floats.
1 Instructor: 3-6 students

Adapted Preschool 2
3-5 years
Preschoolers build on fundamental swimming skills and water safety. Student must be comfortable gliding, rolling and floating with support. Skills: Underwater exploration, entries/exits, treading, increased distance with assisted front/back glide.
1 Instructor: 3-6 students

Adapted Preschool 3
3-5 years
Advanced preschoolers who are ready to swim independently and want to begin stroke development. Skills: Increasing endurance and distance with front and back strokes, treading, roll over glides, underwater exploration.
1 Instructor: 3-6 students

Introduction
Level 1
6 years and up
Student may have little to no experience with swimming. Emphasis is on becoming comfortable and safe in the water. Fundamental skills introduced: Entries/Exits, Blowing bubbles, Kicking, Face submersion, Assisted front/back glides and floats.
1 Instructor: 3-6 students

Beginner
Level 2
6 years and up
Students must be comfortable in the water, glide on their front with face in the water and roll to their back and float. Skills introduced: Entries/Exits, rotary breathing, tuck floats, increased distance, treading, and changing direction.
1 Instructor: 3-6 students

Stroke Development
Level 3
6 years and up
Students must be able to swim with combined arm and leg actions for 5 body lengths, roll to back and float, then roll to front and swim 5 more body lengths. Skills introduced: Headfirst entries, Survival float; Flutter, scissor, breaststroke and dolphin kicks; Stroke development.
1 Instructor: 3-6 students

Stroke Improvement
Level 4
6 years and up
Students must be able to swim front stroke for 15 yards, roll to back and swim additional 15 yards. Skills introduced: Headfirst entries in compact and stride positions, surface dive, treading with various kicks, survival swimming. Front crawl, backstroke, breaststroke, butterfly, sidestroke, flutter and dolphin kicks on back.
1 Instructor: 3-6 students

Stroke Refinement
Level 5
6 years and up
Students must be able to swim all four competitive strokes 15-25 yards each. Skills introduced: Deep water shallow-angle, tuck and pike diving; Treading and sculling; Refining stroke techniques; Front and backstroke flip turns; Water safety and survival skills.
1 Instructor: 3-6 students
Welcome to Indian River County Recreation Red Cross Swim Lessons!
Below you will find answers to common questions that we often receive from our parents.

**How long will it take my child to learn how to swim?**
The Red Cross Learn-to-Swim program follows a natural progression of steps, working towards mastering skills from water acclimation to stroke proficiency. Each child is unique and will progress based on their own individual development. Do not be discouraged if your child is not moving up in level, they are still learning!
To find out more about how your child is progressing, speak with your instructor before class, pick up a skills checklist booklet from our front desk, or download the Red Cross Swim app. All of these are great tools to help track your child’s success.

**Should my child take private or group lessons?**
Group lessons are a popular option for young swimmers because of the opportunity to learn from the instructor’s expertise and practice the skills along with their peers. Our group lessons follow the Red Cross guidelines of an instructor to student ratio of 1:6. The small group encourages fun, peer interaction that gives the student a chance to watch other children perform the skill.
One-on-one instruction, offers some important benefits, as well. Private lessons will typically allow a student to progress faster as the lesson can more easily be tailored to meet his or her individual needs. Students who are anxious around water or have started lessons at a later age may feel more comfortable with personalized instruction.

**What should my child wear or bring to class?**
Parents and caregivers can ensure their child is prepared for class by dressing them in appropriate swim wear that does not restrict movement and by applying sun protection before class begins.
Children 2 and under must wear a specially designed swim diaper, this includes children who are potty trained. Swim diapers are available for purchase at the Aquatic Center for $1.00. This ensures the health and safety of all students and instructors should there be an accident.
Don’t forget a towel and dry clothes for the ride home!

**What should I do in the event of inclement weather?**
Unless your instructor calls to cancel, you will need to plan to be at the facility at your child’s regularly scheduled class time. In the event of poor weather conditions, students will moved into the classroom for water safety education. This is an integral part of our Red Cross swim lesson curriculum and will dramatically increase your child’s understanding of how to be safe in, on, and around the water. After a maximum of 2 indoor classroom sessions, we will schedule a make-up lesson in the water. If you are unsure as to whether or not swim lessons are being held, please call your facility location.
Note: Baby and Me classes do not include any classroom sessions, therefore, they will be re-scheduled in the event of inclement weather conditions.

**What if my child is ill, or we have an emergency, and cannot make it to class?**
We understand emergencies arise and we recommend that if your child is not feeling well, they should be kept at home. This is in the best interest of their health as well as the health of other class participants and the instructor. However, please be advised, refunds or make-up lessons are not given for absences within a group session. If you to need to cancel a lesson, please call the main number of your facility location.
Private lessons may be rescheduled, with approval, through the swim lesson coordinator.

**How can I get more information regarding swim lessons?**
You may call our aquatic centers directly or email your questions to splashnews@ircgov.com.
North County Aquatic at (772) 581-7665 or Gifford Aquatic Center at (772) 770-5312.

**Program and Lesson Cancellation**
If enrollment fails to meet the required number of participants, the North County Aquatic Center reserves the right to cancel swim classes up to 24 hours prior to the session start date. Indian River county Recreation reserves the right to modify or cancel lesson times if needed.