



City of Dallas

Be Water Smart

The City of Dallas Park and Recreation Department is an Authorized Provider for the American Red Cross and provides a variety of safety courses.

Our learn to swim programs are offered at all 21 Community Pools. Call 214-670-4100 to locate the pool nearest you.

Parent & Child Aquatic Program

(6 mos - 5 Yrs) Parent or guardians are required to be in the water with the child. Parents receive information and techniques to orient their child to the water and to supervise water activities. The following two levels are an overview of course levels:

Level A is for children who are 6 months to 2 years old and have either no water experience or one previous session of water adjustment lessons.

Level B is for children who are either 18 months to 4 years old and have had two or more previous sessions of water adjustment lessons, submerge only reluctantly or not at all or require flotation support at all times. Or, are up to 5 years old and have little or no previous experience in water adjustment lessons, are reluctant to enter the water or submerge, requires flotation support at all times or may benefit from parental presence and support in the water. Skills to be taught:

- Holding positions
- Water entry & adjustment- exploring the pool
- Swimming on Front & Back- float, glide, leg action & combined stroke on front
- Breath Control- bubbles, underwater exploration
- Changing directions- front to back, back to front
- Personal Safety- using a life jacket, basic safety skills
- Water Exit

Ratio: 1 teacher to 10 participant child/guardian pairs

Course length: Eight, 30 minute lessons

Cost: \$30

Level I - Introduction to Water Skills

(ages 6 and up) There are no pre-requisites for this course. The class is designed to help students feel comfortable in the water and enjoy the water safely. Students will be oriented to the aquatic environment and gain some basic skills in each of the following categories.

- Water entry and Exit
- Breathing Control and Underwater swimming
- Buoyancy on Front & Back, Changing directions, Swimming on Front & Back
- Treading
- General & Personal safety and rescue, helping others

Ratio: 1 Teacher per 10 students

Course length: Eight, 45 minute lessons

Cost: \$30



Level II - Fundamental Aquatic Skills

(ages 6 and up). **Students must be able to complete skills for level 1 as prerequisite.** The objective of this class is for the student to be able to propel themselves through the water with coordinated arm and leg movement on the front and back.

Ratio: 1 Teacher per 10 students

Course length: Eight, 45 minute lessons

Cost: \$30

Level III—Stroke Development

(ages 6 and up) **Students must be able to complete skills for level II as prerequisite.** This level is designed to build on the skills learned in level II, as well as begin working on front crawl, butterfly, backstroke, rotary breathing, diving and survival floating.

Ratio: 1 Teacher per 10 students

Course length: Eight, 45 minute lessons

Cost: \$30

Level IV - Stroke Improvement

(ages 6 and up) **Students must be able to complete skills for level III as prerequisite.** This course is designed to develop confidence in the strokes learned in previous levels, begin working on breaststroke, butterfly, elementary backstroke, sidestroke legs and begin to work on building endurance.

Ratio: 1 Teacher per 10 students

Course length: Eight, 45 minute lessons

Cost: \$30

Level V - Stroke Refinement

(ages 6 and up) Must have certification of completion for level IV. The objective of this class is coordination and refinement of key strokes, learn the sidestroke, flip turns, as well as build endurance.

Ratio: 1 Teacher per 10 students

Course length: Eight, 45 minute lessons

Cost: \$30

Level VI - Swimming and Skill Proficiency

(ages 6 and up) Must have certification of completion for level V. The objective is for students to choose one of for key areas to polish their swimming skills.

- Personal Water Safety
- Fundamentals of Diving
- Lifeguard Readiness
- Fitness Swimmer

Ratio: 1 Teacher per 10 students

Course length: Eight, 45 minute lessons

Cost: \$30

Swim Team

You must be 6 years old to be on a City swim team and be able to swim one length of the pool (25 yards) without stopping. You will have at least 2 opportunities to compete against other City teams. Practice times vary from pool to pool.

Cost: \$25

Other Classes

American Red Cross Lifeguard Training

(must be 16 yrs or older) This course certifies the participant in Lifeguard Training, First Aid, and CPR for the Professional Rescuer through the American Red Cross. The Lifeguard certification is good for three years as well as the First Aid certification. The CPR-PR must be renewed annually. To participate in this course you must successfully complete the pre-course, which consists of a 500 yard continuous swim (200 yards of front crawl using rhythmic breathing, 100 yards of breaststroke, and 200 yards of either front crawl or breaststroke), swim 20 yards using the front crawl or breaststroke, surface dive 7-10 feet and retrieve a 10 pound brick and swim back to the starting point holding the brick. You must successfully complete the pre-course in order to remain in the class. Cost includes all material needed for the course.

Course Length: 29 Hours **Cost: \$175 (only \$75 if working for the City of Dallas)**

Water Safety Instructor

This course will certify participants to teach American Red Cross swimming courses. Fundamentals of Instructor Training (FIT) will be included in this course. You must be 16 years old and at least on a Level IV swimming ability. Cost includes all material needed for the course.

Course Length: 30 Hours **Cost: \$200 (only \$100 if working for City of Dallas)**

CPR for the Professional Rescuer

This course trains the participants to recognize and care for life threatening breathing and cardiac emergencies in infants, children, and adults. It will also teach two person CPR, disease transmission prevention, use of resuscitation mask and bag valve masks, and use of an AED (automated external defibrillator) Cost includes all material needed for the course.

Course Length: 7 1/2 Hours

Cost: \$60

Community CPR

This course trains the participants to recognize and care for life threatening breathing and cardiac emergencies in infants, children, and adults. Cost includes all material needed for the course.

Course Length: 5 1/2 Hours

Cost: \$40

Community First Aid

This course will give individuals the knowledge and skills necessary to recognize and give basic care for injuries and sudden illnesses. Cost includes all material needed for the course.

Course Length: 4 Hours

Cost: \$25

Community First Aid and CPR

Combines First Aid and CPR to teach participants to recognize and care for breathing and cardiac emergencies in infants, children, and adults, and gives individuals knowledge and skills necessary to recognize and give basic care for injuries and sudden illnesses. Cost includes all material needed for the course.

Course Length: 9 Hours

Cost \$55