

American Red Cross
Learn - to – Swim 2010 Registration Form

\$55 per student per lesson

(Please photocopy for additional students and/or sessions)

Please Print

Student Name

Student Age (if under 18)

Address

City, State, Zip

Parent or Guardian Name

Day time Phone number(s)

E-Mail(s) to send confirmation

Method of payment:

\$55 per student per lesson

Cash

Check/Money Order

Credit Card - Circle one: Visa, Master Card, Discover, or American Express

Credit Card Number

Expiration Date

Name as it appears on the Credit Card

Day time phone number of credit card holder

Signature of credit card holder

Below are my 2 choices for swimming lessons:

1st Choice:

Session Pool

Level Time

2nd Choice (alternate choice if 1st choice is not available):

Session Pool

Level Time

REFUND POLICY - A refund of your registration fee will be given if a participant is unable to attend swimming lessons due to a physical limitation or illness. **REFUNDS MUST BE REQUESTED AND PICKED UP BY 4:00 PM ON THE 1ST WEDNESDAY OF EACH SESSION OR THEY WILL BE FORFEITED.** The Red Cross will provide refunds 10:00-4:00 PM, Monday – Friday, excluding legal holidays.

Class Cancellations - We reserve the right to cancel classes due to low enrollment. Every effort will be made to place the participant in another class. You will be notified before the swim session starts if your class has been cancelled.

Weather Cancellation Policy - Lessons are **not cancelled** for cold or rainy weather. Inclement weather days are utilized to teach out-of-the-water skills and water safety for each level. When appropriate students are moved into the bath house for shelter from weather. If you are concerned with **severe** or pending **dangerous** weather listen to KFOR 1240 AM, view our website at www.CornhuskerRedCross.org or call the Red Cross at 402-441-6383 or 402-441-6390. Parents always have the right to remove their student from class if they are concerned.

Which level should you enroll your child? Check our website at www.CornhuskerRedCross.org for class requirements or see level descriptions on the last page of this flyer!

Pool:	Session 1:	Session 2:	Session 3:	Session 4:
University Place Pool 2000 N 48th Street	June 14 – June 25, 2010 <u>Registration closes at 4:00 PM on Wednesday June 9, 2010</u>	June 28 – July 9, 2010 <u>Registration closes at 4:00 PM on Wednesday June 23, 2010</u>	July 12 – July 23, 2010 <u>Registration closes at 4:00 PM on Wednesday July 7, 2010</u>	July 26 – August 6, 2010 <u>Registration closes at 4:00 PM on Wednesday July 21, 2010</u>
<i>*Parent or guardian must get in the water with child for "Parent and Child Aquatic Classes"</i>				
Parent and Child Aquatics (6 months to about 3 years of age)	9:45, 10:30, 11:15 AM	9:45, 10:30, 11:15 AM	9:45, 10:30, 11:15 AM	9:45, 10:30, 11:15 AM
<i>*If your preschool child cannot safely and independently stand in the water without assistance, a parent or guardian must get in the water with the child for the "Preschool Aquatic Classes."</i>				
Preschool Aquatics (About 4-5 Years)	9:45, 10:30, 11:15 AM	9:45, 10:30, 11:15 AM	9:45, 10:30, 11:15 AM	9:45, 10:30, 11:15 AM
<i>About 6 years through age 18:</i>				
Learn to Swim Introduction to Water Skills Level 1	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM
Learn to Swim Fundamental Aquatic Skills Level 2	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM
Learn to Swim Stroke Development Level 3	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM
Learn to Swim Stroke Improvement Level 4	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM
Learn to Swim Stroke Refinement Level 5	9:00, 9:45, 10:30 AM	9:00, 9:45, 10:30 AM	9:00, 9:45, 10:30 AM	9:00, 9:45, 10:30 AM
Learn to Swim Swimming and Skill Proficiency Fitness Swimmer Level 6	9:00, 9:45 AM	9:00, 9:45 AM	9:00, 9:45 AM	9:00, 9:45 AM
Learn to Swim Swimming and Skill Proficiency Personal Water Safety Level 6	9:00, 9:45 AM	9:00, 9:45 AM	9:00, 9:45 AM	9:00, 9:45 AM
Learn to Swim Swimming and Skill Proficiency Fundamentals of Diving Level 6	9:00, 9:45 AM	9:00, 9:45 AM	9:00, 9:45 AM	9:00, 9:45 AM
Adult Lessons – for the adult non swimmer age 19 and older	9:00, 9:45 AM	9:00, 9:45 AM	9:00, 9:45 AM	9:00, 9:45 AM

Pool:	Session 1:	Session 2:	Session 3:	Session 4:
Highlands Pool 5511 NW 12th Street	June 14 – June 25, 2010 <u>Registration closes at 4:00 PM on Wednesday June 9, 2010</u>	June 28 – July 9, 2010 <u>Registration closes at 4:00 PM on Wednesday June 23, 2010</u>	July 12 – July 23, 2010 <u>Registration closes at 4:00 PM on Wednesday July 7, 2010</u>	July 26 – August 6, 2010 <u>Registration closes at 4:00 PM on Wednesday July 21, 2010</u>
<i>*Parent or guardian must get in the water with child for "Parent and Child Aquatic Classes"</i>				
Parent and Child Aquatics (6 months to about 3 years of age)	10:30, 11:15 AM, 12:00 PM	10:30, 11:15 AM, 12:00 PM	10:30, 11:15 AM, 12:00 PM	10:30, 11:15 AM, 12:00 PM
<i>*If your preschool child cannot safely and independently stand in the water without assistance, a parent or guardian must get in the water with the child for the "Preschool Aquatic Classes."</i>				
Preschool Aquatics (About 4-5 Years)	10:30, 11:15 AM, 12:00 PM	10:30, 11:15 AM, 12:00 PM	9:45, 10:30, 11:15 AM, 12:00 PM	9:45, 10:30, 11:15 AM, 12:00 PM
<i>About 6 years through age 18:</i>				
Learn to Swim Introduction to Water Skills Level 1	9:00, 9:45, 10:30, 11:15 AM, 12:00 PM	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM
Learn to Swim Fundamental Aquatic Skills Level 2	9:00, 9:45, 10:30, 11:15 AM, 12:00 PM	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM
Learn to Swim Stroke Development Level 3	9:00, 9:45, 10:30, 11:15 AM, 12:00 PM	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM
Learn to Swim Stroke Improvement Level 4	9:00, 9:45, 10:30, 11:15 AM, 12:00 PM	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM
Learn to Swim Stroke Refinement Level 5	9:00, 9:45, 10:30 AM	9:00, 9:45, 10:30 AM	9:00, 9:45, 10:30 AM	9:00, 9:45, 10:30 AM
Learn to Swim Swimming and Skill Proficiency Fitness Swimmer Level 6	9:00, 9:45, 10:30 AM	9:00, 9:45, 10:30 AM	9:00, 9:45, 10:30 AM	9:00, 9:45, 10:30 AM
Learn to Swim Swimming and Skill Proficiency Personal Water Safety Level 6	9:00, 9:45, 10:30 AM	9:00, 9:45, 10:30 AM	9:00, 9:45, 10:30 AM	9:00, 9:45, 10:30 AM
Learn to Swim Swimming and Skill Proficiency Fundamentals of Diving Level 6	9:00, 9:45, 10:30 AM	9:00, 9:45, 10:30 AM	9:00, 9:45, 10:30 AM	9:00, 9:45, 10:30 AM
Adult Lessons – for the adult non swimmer age 19 and older	9:00, 9:45 AM	9:00, 9:45 AM	9:00, 9:45 AM	9:00, 9:45 AM

Pool:	Session 1:	Session 2:	Session 3:	Session 4:
Woods Park "Warm up" Pool 33rd & "J" Street	June 14 – June 25, 2010 <u>Registration closes at 4:00 PM on Wednesday June 9, 2010</u>	June 28 – July 9, 2010 <u>Registration closes at 4:00 PM on Wednesday June 23, 2010</u>	July 12 – July 23, 2010 <u>Registration closes at 4:00 PM on Wednesday July 7, 2010</u>	
<i>*Parent or guardian must get in the water with child for "Parent and Child Aquatic Classes"</i>				
Parent and Child Aquatics (6 months to about 3 years of age)	6:15, 7:00, 7:45 PM	6:15, 7:00, 7:45 PM	6:15, 7:00, 7:45 PM	
<i>*If your preschool child cannot safely and independently stand in the water without assistance, a parent or guardian must get in the water with the child for the "Preschool Aquatic Classes."</i>				
Preschool Aquatics (About 4-5 Years)	6:15, 7:00, 7:45 PM	6:15, 7:00, 7:45 PM	6:15, 7:00, 7:45 PM	No
<i>About 6 years through age 18:</i>				
Learn to Swim Introduction to Water Skills Level 1	6:15, 7:00, 7:45, 8:30 PM	6:15, 7:00, 7:45, 8:30 PM	6:15, 7:00, 7:45, 8:30 PM	Swimming
Learn to Swim Fundamental Aquatic Skills Level 2	6:15, 7:00, 7:45, 8:30 PM	6:15, 7:00, 7:45, 8:30 PM	6:15, 7:00, 7:45, 8:30 PM	Lessons
Learn to Swim Stroke Development Level 3	6:15, 7:00, 7:45, 8:30 PM	6:15, 7:00, 7:45, 8:30 PM	6:15, 7:00, 7:45, 8:30 PM	This
Adult Lessons – for the adult non swimmer age 19 and older	7:00, 7:45, 8:30 PM	7:00, 7:45, 8:30 PM	7:00, 7:45, 8:30 PM	Session

Pool:	Session 1:	Session 2:	Session 3:	Session 4:
Star City Shores 4375 S 33rd Street	June 14 – June 25, 2010 <u>Registration closes at 4:00 PM on Wednesday June 9, 2010</u>	June 28 – July 9, 2010 <u>Registration closes at 4:00 PM on Wednesday June 23, 2010</u>	July 12 – July 23, 2010 <u>Registration closes at 4:00 PM on Wednesday July 7, 2010</u>	July 26 – August 6, 2010 <u>Registration closes at 4:00 PM on Wednesday July 21, 2010</u>
<i>*Parent or guardian must get in the water with child for "Parent and Child Aquatic Classes"</i>				
Parent and Child Aquatics (6 months to about 3 years of age)	9:45, 10:30, 11:15 AM	9:45, 10:30, 11:15 AM	9:45, 10:30, 11:15 AM	9:45, 10:30, 11:15 AM
<i>*If your preschool child cannot safely and independently stand in the water without assistance, a parent or guardian must get in the water with the child for the "Preschool Aquatic Classes."</i>				
Preschool Aquatics (About 4-5 Years)	9:45, 10:30, 11:15 AM	9:45, 10:30, 11:15 AM	9:45, 10:30, 11:15 AM	9:45, 10:30, 11:15 AM
About 6 years through age 18:				
Learn to Swim Introduction to Water Skills Level 1	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM
Learn to Swim Fundamental Aquatic Skills Level 2	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM
Learn to Swim Stroke Development Level 3	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM	9:00, 9:45, 10:30, 11:15 AM
Adult Lessons – for the adult non swimmer age 19 and older	9:00 AM	9:00 AM	9:00 AM	9:00 AM

Pool:	Session 1:	Session 2:	Session 3:	Session 4:
Meadowlane Pool 1240 Lancaster Lane	June 14 – June 25, 2010 <u>Registration closes at 4:00 PM on Wednesday June 9, 2010</u>	June 28 – July 9, 2010 <u>Registration closes at 4:00 PM on Wednesday June 23, 2010</u>	July 12 – July 23, 2010 <u>Registration closes at 4:00 PM on Wednesday July 7, 2010</u>	July 26 – August 6, 2010 <u>Registration closes at 4:00 PM on Wednesday July 21, 2010</u>
<i>*Parent or guardian must get in the water with child for "Parent and Child Aquatic Classes"</i>				
Parent and Child Aquatics (6 months to about 3 years of age)	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM
<i>*If your preschool child cannot safely and independently stand in the water without assistance, a parent or guardian must get in the water with the child for the "Preschool Aquatic Classes."</i>				
Preschool Aquatics (About 4-5 Years)	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM
About 6 years through age 18:				
Learn to Swim Introduction to Water Skills Level 1	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM
Learn to Swim Fundamental Aquatic Skills Level 2	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM
Learn to Swim Stroke Development Level 3	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM
Learn to Swim Stroke Improvement Level 4	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM
Learn to Swim Stroke Refinement Level 5	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM
Learn to Swim Swimming and Skill Proficiency Fitness Swimmer Level 6	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM
Learn to Swim Swimming and Skill Proficiency Personal Water Safety Level 6	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM
Learn to Swim Swimming and Skill Proficiency Fundamentals of Diving Level 6	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM	10:15, 11:00, 11:45 AM
Adult Lessons – for the adult non swimmer age 19 and older	10:15, 11:00 AM	10:15, 11:00 AM	10:15, 11:00 AM	10:15, 11:00 AM

Pool:	Session 1:	Session 2:	Session 3:	Session 4:
Ballard Pool 3901 N 66th Street			July 12 – July 22, 2010 <u>Registration closes at 4:00 PM on Wednesday July 7, 2010</u> Classes meet Monday – Thursday, 45 minutes	July 26 – August 5, 2010 <u>Registration closes at 4:00 PM on Wednesday July 21, 2010</u> Classes meet Monday – Thursday, 45 minutes
<i>*Parent or guardian must get in the water with child for "Parent and Child Aquatic Classes"</i>				
Parent and Child Aquatics (6 months to about 3 years of age)			6:15, 7:15, 8:15 PM	6:15, 7:15, 8:15 PM
<i>*If your preschool child cannot safely and independently stand in the water without assistance, a parent or guardian must get in the water with the child for the "Preschool Aquatic Classes."</i>	No Swimming	No Swimming		
Preschool Aquatics (About 4-5 Years)	Lessons	Lessons	6:15, 7:15, 8:15 PM	6:15, 7:15, 8:15 PM
About 6 years through age 18:	This Session	This Session		
Learn to Swim Introduction to Water Skills Level 1			6:15, 7:15, 8:15 PM	6:15, 7:15, 8:15 PM
Learn to Swim Fundamental Aquatic Skills Level 2			6:15, 7:15, 8:15 PM	6:15, 7:15, 8:15 PM
Learn to Swim Stroke Development Level 3			6:15, 7:15, 8:15 PM	6:15, 7:15, 8:15 PM
Learn to Swim Stroke Improvement Level 4			6:15, 7:15, 8:15 PM	6:15, 7:15, 8:15 PM
Learn to Swim Stroke Refinement Level 5			6:15, 7:15, 8:15 PM	6:15, 7:15, 8:15 PM
Learn to Swim Swimming and Skill Proficiency Fitness Swimmer Level 6			6:15, 7:15, 8:15 PM	6:15, 7:15, 8:15 PM
Learn to Swim Swimming and Skill Proficiency Personal Water Safety Level 6			6:15, 7:15, 8:15 PM	6:15, 7:15, 8:15 PM
Learn to Swim Swimming and Skill Proficiency Fundamentals of Diving Level 6			6:15, 7:15, 8:15 PM	6:15, 7:15, 8:15 PM
Adult Lessons – for the adult non swimmer age 19 or older			6:15, 7:15, 8:15 PM	6:15, 7:15, 8:15 PM

Belmont Pool 12th & Manatt Streets		June 28 – July 9, 2010 Registration closes at 4:00 PM on Wednesday June 23, 2010		July 26 – August 6, 2010 Registration closes at 4:00 PM on Wednesday July 21, 2010
To enroll in swimming lessons at the Belmont Pool, please call #402-441-7952		To enroll in swimming lessons at the Belmont Pool, please call #402-441-7952		
<i>*Parent or guardian must get in the water with child for "Parent and Child Aquatic Classes"</i>				
Parent and Child Aquatics (6 months to about 3 years of age)		9:00-9:30, -9:45-10:15 AM		9:00-9:30, -9:45-10:15 AM
<i>*If your preschool child cannot safely and independently stand in the water without assistance, a parent or guardian must get in the water with the child for the "Preschool Aquatic Classes."</i>				
Preschool Aquatics (About 4-5 Years)	No	9:00-9:30, -9:45-10:15 AM	No	9:00-9:30, -9:45-10:15 AM
	Swimming		Swimming	
About 6 years through age 18:	Lessons		Lessons	
Learn to Swim Introduction to Water Skills Level 1	This	9:00-9:30, 9:45-10:15 AM	This	9:00-9:30, 9:45-10:15 AM
Learn to Swim Fundamental Aquatic Skills Level 2	Session	9:00-9:30, 9:45-10:15 AM	Session	9:00-9:30, 9:45-10:15 AM
Learn to Swim Stroke Development Level 3		9:00-9:30, 9:45-10:15 AM		9:00-9:30, 9:45-10:15 AM
Learn to Swim Stroke Improvement Level 4		9:00-9:30, 9:45-10:15 AM		9:00-9:30, 9:45-10:15 AM
Learn to Swim Stroke Refinement Level 5		9:00-9:30, 9:45-10:15 AM		9:00-9:30, 9:45-10:15 AM
Learn to Swim Swimming and Skill Proficiency Fitness Swimmer Level 6		9:00-9:30, 9:45-10:15 AM		9:00-9:30, 9:45-10:15 AM
Learn to Swim Swimming and Skill Proficiency Personal Water Safety Level 6		9:00-9:30, 9:45-10:15 AM		9:00-9:30, 9:45-10:15 AM
Learn to Swim Swimming and Skill Proficiency Fundamentals of Diving Level 6		9:00-9:30, 9:45-10:15 AM		9:00-9:30, 9:45-10:15 AM

Parent and Child Aquatics-30 minutes

(An adult must accompany and stay with the child during this class)

Builds basic water safety skills for both parents and children, helping infants and young children ages 6 months to about 3 years become comfortable in the water so they are willing and ready to learn to swim. These basic skills include adjusting to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breath control, including blowing bubbles or voluntarily submerging under water.

Preschool Aquatics -30 minutes

(If your preschool child can not safely and independently stand in the water without assistance, a parent or guardian must get in the water with the child for the "Preschool Aquatic Classes")

Gives young children about ages 4 and 5 a positive, developmentally appropriate aquatic learning experience that emphasizes water safety, survival and foundational swimming concepts. Skills are age-appropriate, helping participants achieve success on a regular basis while in a class environment with their peers. Helps participants feel comfortable in the water and enjoy the water safely. Builds on skills learned, such as floating and basic locomotion.

Learn-to-Swim Levels 1 - 6: 30 minutes

Based on a logical, six-level progression that helps swimmers about 6+ years old and adults develop their water safety, survival and swimming skills. It is designed to give participants a positive learning experience)

LEVEL 1: INTRODUCTION TO WATER SKILLS Helps participants feel comfortable in the water.

• Enter and exit water using ladder, steps or side • Blow bubbles through mouth and nose • Bobbing • Open eyes under water and retrieve submerged objects • Front and back glides and back float • Recover to vertical position from a front glide and back float or glide • Roll from front to back and back to front • Tread water using arm and hand actions • Alternating and simultaneous leg actions on front and back • Alternating and simultaneous arm actions on front and back • Combined arm and leg actions on front and back • Staying safe around aquatic environments

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS Gives participants success with fundamental skills.

• Enter water by stepping or jumping from the side • Exit water using ladder, steps or side • Fully submerge and hold breath • Bobbing • Open eyes under water and retrieve submerged objects • Front, jellyfish and tuck floats • Front and back glides and back float • Recover from a front and back float or glide to a vertical position • Roll from front to back and back to front • Change direction of travel while swimming on front or back • Tread water using arm and leg actions • Combined arm and leg actions on front and back • Finning arm action on back • Staying safe around aquatic environments

LEVEL 3: STROKE DEVELOPMENT Builds on the skills in Level 2 through additional guided practice in deeper waters.

• Enter water by jumping from the side • Headfirst entry from the side in sitting and kneeling positions • Bobbing while moving toward safety • Rotary breathing • Survival float • Back float • Change from vertical to horizontal position on front and back • Tread water • Push off then begin flutter and dolphin kicks on front • Front crawl and elementary backstroke • Scissors kick, staying safe in and around the water environments

LEVEL 4: STROKE IMPROVEMENT Develops confidence in the skills learned and improves other aquatic skills.

• Headfirst entry from the side in compact and stride positions • Swim under water • Feet first surface dive • Survival swimming • Front crawl and backstroke open turns • Tread water using 2 different kicks • Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly, push off in a streamlined position then begin flutter and dolphin kicks on back • Safety

LEVEL 5: STROKE REFINEMENT Provides further coordination and refinement of strokes.

• Shallow-angle dive from the side • Shallow-angle dive from the side then glide and begin a front stroke • Tuck and pike surface dives • Front flip turn and backstroke flip turn while swimming • Tread water • Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly • Standard scull • Safety

LEVEL 6: SWIMMING AND SKILL PROFICIENCY

Level 6 is designed with "menu" options that focus on preparing participants for lifetime fitness and safety, as well as more advanced courses, such as the Water Safety Instructor course, or other aquatic activities, including competitive swimming or diving. Options include: • Personal Water Safety • Fitness Swimmer • Fundamentals of Diving