



**American
Red Cross**

Together, we can save a life

American Red Cross Learn-to-Swim Program at Eagle River



American Red Cross Learn-to-Swim

The American Red Cross offers six comprehensive levels of swimming that teach participants how to swim skillfully and safely. Learn-to-Swim offers something for everybody. Plus our instructors are trained and certified by the American Red Cross, so swimmers of all ages and abilities are in good hands.

In addition to the skills outlined below, each level of Learn-to-Swim includes training in basic water safety and helping others in an emergency.



Level 1: Introduction to Water Skills

Helps students increase their comfort in the water.

Level 2: Fundamental Aquatic Skills

Gives students success with fundamental skills.

Level 3: Stroke Development

Builds on the skills in Level 2 through additional guided practice

Level 4: Stroke Improvement

Develops confidence in the skills learned in previous levels and improves techniques for strokes

Level 5: Stroke Refinement

Provides further coordination and refinement of strokes

Level 6: Swimming and Skill Proficiency

Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances.

The American Red Cross has been the leader in water safety since 1914, and continues that tradition today.

Eagle River Day Camp provides a summer camp experience for children ages 3-15 in Monroe Twp., New Jersey.

**For more information, contact
Eagle River Day Camp at (609) 448-5885
www.EagleRiverDayCamp.com**