



**American  
Red Cross**

*Together, we can save a life*

Colony Swim Club is a Proud Provider of the American Red Cross Swimming and Water Safety Program.

## YOUR ONE SOURCE

### American Red Cross

### Swimming Courses

#### **Parent and Child Aquatics**

Parents and children (ages 6 months up to 5 years) learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control.

#### **Learn-to-Swim**

Red Cross Learn-to-Swim features six levels of instruction to help swimmers of all ages and abilities develop their skills.

Level 1 – Introduction to Water Skills

Level 2 – Fundamental Aquatic Skills

Level 3 – Stroke Development

Level 4 – Stroke Improvement

Level 5 – Stroke Refinement

Level 6 – Swimming and Skill Proficiency



**For more information about American Red Cross  
Learn to Swim programs offered at Colony,  
contact a Colony Pool Manager at 734-459-4333.**