

## NEW FOR FALL 2009

Tualatin Hills Park and Recreation District is proud to utilize the American Red Cross Learn To Swim skills and progressions. New for fall 2009, these levels have been modified to better meet the needs of our customers and to provide more opportunity for success with the additional levels. We hope that you and your children enjoy our Learn To Swim program.

### School Age

#### Beginning Swimming Skills

Level 1 (same info as Preschool B)

Level 2 (same info as Preschool C)

Level 2 ½ (same info as Preschool D)

Conversion Chart: Please refer to the chart below to see what new level your child needs.

<b>Old Levels</b>	<b>New Levels</b>
<b>Preschool (ages 3-6 years):</b>	<b>Preschool(ages 3-6 years):</b>
<b>Beginning Swimming Skills</b>	<b>Beginning Swimming Skills</b>
Level A	Level A
Level B	Level B
Level C	Level C
Level D	Level D
Level E	Preschool/School Age Level 3
<b>School Age (ages 6-12 years)</b>	<b>School Age (ages 6-12 years)</b>
<b>Beginning Swimming Skills</b>	<b>Beginning Swimming Skills</b>
Level B	Level 1
Level C	Level 2
Level D	Level 2 ½
Level E	Level 3
<b>Intermediate Swimming Skills</b>	<b>Intermediate Swimming Skills</b>
Level F	Level 3 ½ (preschoolers who successfully complete Level D may register for School Age 3)
Level G	Level 4
Level H	Level 5
<b>Advanced Swimming Skills</b>	<b>Advanced Swimming Skills</b>
Fitness Swimmer	Fitness Swimmer
Fundamentals of Diving	Fundamentals of Diving
Personal Water Safety	Personal Water Safety
Lifeguard Readiness	