



American Red Cross

SPRING 2026



LEARN TO SWIM



LEVEL 3

American Red Cross Learn to Swim Level 3 builds on basic skills, refining strokes like front crawl and backstroke, and introducing advanced techniques such as diving and treading water. This class is ideal for swimmers ready to enhance their skills and confidence in the water.

- **Session 1:** March 1 - March 25
- **Session 2:** April 5 - May 6
 - Sundays 10 - 10:45 AM & Wednesdays 6:30 - 7:15 PM
 - Makeup Days: Tuesdays or Thursdays 6:30 - 7:15 PM
 - No Class Wednesday, April 29

LEVELS 4 & 5

The American Red Cross Learn to Swim Levels 4 & 5 focus on advanced stroke techniques and endurance. Swimmers refine their front crawl, backstroke, and breaststroke, while mastering skills like butterfly and flip turns. Emphasis is on perfecting form, increasing distance, and improving overall water confidence. This class is ideal for those looking to elevate their swimming to the next level into competitive swimming.

- **Session 1:** March 1 - March 25
- **Session 2:** April 5 - May 6
 - Sundays 11 - 11:45 AM & Wednesdays 5:30 - 6:15 PM
 - Makeup Days: Tuesdays or Thursdays 5:30 - 6:15 PM
 - No Class Wednesday, April 29

SKILL LEVEL ASSESSMENT REQUIRED

In order to register for Learn-to-Swim Levels at the Fort Lauderdale Aquatic Center, you must do a swim evaluation.

REGISTER NOW!

- **Ages 6-15**
- **Location:**
Fort Lauderdale Aquatic Center
501 Seabreeze Blvd.
Fort Lauderdale, FL 33316
- **Fee per session (8 lessons):**
\$80 Resident, \$120 Non-Resident
- **More Information**
parks.fortlauderdale.gov/flac
(954) 828-4580

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