

American Red Cross

Red Cross Swim Lessons incorporate various levels and sequences of skills and techniques within the courses. To enroll in a course, the participant must be 5 years of age and have successfully completed or be able to perform the skills in the preceding course.

- **PARENTS, PLEASE KEEP YOUR CHILD'S RED CROSS CHECK-OFF SHEETS TO ASSIST YOU IN YOUR NEXT SWIM LESSON ENROLLMENT.**
- Water Safety Instructors reserve the right to move a child to another class through an evaluation process. Child will only be moved if there is room within the class, otherwise child may be placed in next available lesson.
- In order to give everyone a chance to participate in swim lessons we allow only one registration or wait list registration at a time. You may sign up for the next available class at the completion of your session.

RED CROSS LEVEL DESCRIPTIONS

Red Cross has updated their swim lesson program. Listed below are the highlights for each level. Please read carefully, the new levels DO NOT coincide with the existing levels. The lesson staff will be testing on the first day. They will assess your child's ability and determine if the child is in the appropriate level. If the need arises, we will try to accommodate by moving the participant to the appropriate level, if there room allows it.

The prerequisite for each level is the successful demonstration of the skills from the preceding level, except for Level 1, which has no prerequisite. Each level of Learn-to-Swim includes training in basic water safety and helping others in an emergency, in addition to the skills outlined below:

Level 1: Introduction to Water Skills

Purpose: Helps students feel comfortable in the water.

- Enter and exit water safely
- Submerge mouth, nose, and eyes
- Exhale underwater through mouth and nose
- Open eyes underwater, pick up submerged object
- Change direction while walking or paddling
- Roll over from front to back and back to front with support
- Explore floating on front and back with support
- Explore swimming on front and back using arm and leg actions with support
- Use a life jacket

Level 2: Fundamental Aquatic Skills

Purpose: Gives students success with fundamental skills

- Enter water by stepping or jumping from the side
- Exit water safely using ladder or side
- Submerge entire head
- Blow bubbles submerging head in a rhythmic pattern (bobbing)
- Open eyes underwater, pick up a submerged object in shallow water
- Float on front and back
- Perform front and back glide
- Change direction of travel paddling on front or back
- Roll over from front to back, back to front
- Tread water using arm and leg motions (chest-deep water)
- Swim on front, back, and side using combined arm and leg actions
- Move in the water while wearing a life jacket

Level 3: Stroke Development

Purpose: Builds on the skills in Level 2 through additional guided practice.

- Jump into deep water from the side
- Dive from kneeling or standing position
- Submerge and retrieve an object in chest deep water
- Bob with the head fully submerged
- Rotary breathing in horizontal position
- Perform front and back glide using two different kicks
- Float on front and back in deep water
- Change from horizontal to vertical position on front and back

- Tread water using hand and leg movements
- Perform front and back crawl
- Butterfly-kick and body motion
- Perform the HELP and Huddle position

Level 4: Stroke Improvement

Purpose: Develops confidence in the skills learned and improves other aquatic skills

- Perform a dive from a standing or stride position
- Swim underwater
- Perform feet-first surface dive
- Perform open turns on front and back
- Tread water using sculling arm motions and with different kicks
- Perform the following:
 - Front and back crawl
 - Breaststroke
 - Butterfly
 - Elementary backstroke
- Swim on side using scissors-like kick
- Perform compact jump into water from a height while wearing a life jacket

Level 5: Stroke Refinement

Purpose: Provides further coordination and refinement of strokes. Level 5 participants learn to:

- Perform the following:
 - Standing dive
 - Shallow dive, glide two body lengths and begin any front stroke
 - Tuck surface dive
 - Pike surface dive
 - Front flip turn
 - Backstroke flip turn
 - Front and back crawl
 - Butterfly
 - Breaststroke
 - Elementary backstroke
 - Sidestroke
- Tread water with two different kicks
- Learn survival swimming

Level 6: Swimming and Skill Proficiency

Purpose: Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options that each focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard Training courses. These options include:

* **6P= Personal Water Safety**

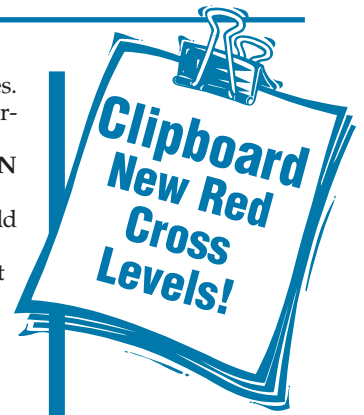
They will continue to develop skills from Level 5. This class introduces personal safety skills such as treading water, survival float, back float, survival swimming, self rescue techniques and more!

***This class will require participants to bring long pants and long sleeve shirt to be used as part of the class.

* **6L= Lifeguard Readiness**

They will continue to develop skills from Level 5. This class introduces lifeguard readiness skills such as treading water, compact jump, working with a rescue tube, assists, introduces back boarding, head splint, removal from water, and more.

***Completion of this level DOES NOT QUALIFY OR CERTIFY you to lifeguard. It is meant to be an introduction to the skills.



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