



American Red Cross: Learn to Swim

The American Red Cross Learn to Swim Program is designed for the child's ability, not age. It is possible to have children of various ages in the same level. Use the descriptions below to help determine your child's placement level. Swimmers may be moved the first day of class based on instructors' recommendations.

Level 1: Introduction to Water Skills

Prerequisite: none

For beginning swimmers who may be afraid of water, cannot swim independently, or cannot submerge completely. Skills covered include water entry, front and back float, kicking, and arm movement.

Level 2: Fundamental Aquatic Skills

Prerequisite:

Independent swimming for 5 feet using any stroke.

Lessons will focus on submerging, front and back crawl with rotary breathing, front and back float, turning over and flutter kick.

Note: Level 3 classes and higher are held in deep water. Students must be able to jump into and swim independently in deep water.

Level 3: Stroke Development

Prerequisite: Front and Back Crawl for 5 meters.

Class is a continuation of front and back crawl, increasing distance and work on rhythmic breathing. Lessons

include diving from kneeling and compact positions, gliding from push off, independent 10-yard swim, elementary backstroke, and treading water.

Level 4: Stroke Improvement

Prerequisite: Front crawl for 10 meters w/ rhythmic breathing, back crawl 10 meters, tread water and elementary backstroke kick.

Class includes stroke refinement while increasing distance to complete front and back crawl 25 meters, elementary backstroke 10 meters, sculling, breaststroke, and sidestroke introduction, and tread water for 2 minutes.

Level 5: Stroke Refinement

Prerequisite: Front and back crawl 25 meters, elementary backstroke 10 meters, breast and sidestroke kicks and tread water 2 minutes.

Successful completion of this level include the ability to swim front and backstroke for 50 meters, elementary backstroke for 25 meters, breaststroke and sidestroke for 10 meters, underwater

swim, and front and back open turns.

Level 6: Fitness Swimming

Prerequisite:

Front and back crawl 50 meters, elementary backstroke 25 meters, breast and sidestroke 10 meters.

Class includes building upon skills from Level 5 while being introduced to the butterfly and distance swimming: 100 meters of freestyle and backstroke and 25 meters of side and breaststroke, and 10 meters of butterfly.

Level 7: Lifeguard Readiness

Prerequisite:

100 meters of freestyle and backstroke, 25 meters of side and breaststroke and 10 meters of butterfly.

This is a competitive level and highly recommended for swim team members. Level completion requires a 500 meter swim, front crawl 200 meters, back crawl 100 meters, breast and sidestroke 50 meters, butterfly 25 meters, start from diving block, backstroke flip turn, tread water 5 minutes, and rescue skills.