American Red Cross Swimming Lessons
To ensure the best learning experience for your child, and more importantly, their safety, please carefully review the skill levels for each class. Your child must be proficient in all of the skills listed in a lower level before being registered for a higher level. Should pool staff determine your child is not in the appropriate level, your child will be asked to move to a different class, if available, and a processing fee will be applied. If space is not available in the child's appropriate level, no refund will be given. Registration Deadline: One week before the start of the class.

Parent & Child Lessons (Ages 6 months – 3 years)
Enjoy water with your child. This class emphasizes parental teaching methods for water adjustment and basic skills. An adult must be in the water with the child throughout the class time. This class is designed to make your child more comfortable in and enjoy being around the water. Minimum 5; Maximum 10.

Preschool Level 1 (Ages 3-5)
Orients children to the aquatic environment and helps them gain basic aquatic skills. Note: All skills may be performed with support. No goggles allowed.
• Enter and exit water using ladder, steps or side
• Blow bubbles through mouth and nose for 3 seconds
• Submerge mouth, nose and eyes
• Open eyes under water and retrieve submerged objects in shallow water
• Front and back glides 2 body lengths and recover to a vertical position
• Front and back float for 3 seconds and recover to a vertical position
• Roll from front to back and back to front
• Tread with arm and hand actions
• Alternating and simultaneous leg actions on front and back
• Alternating and simultaneous arm actions on front and back
• Combined arm and leg actions on front and back
• Complete the series of skills with support. Enter the water independently, using steps or side, travel at least 5 yards, submerge to mouth and blow bubbles, then safely exit the water

Preschool Level 2 (Ages 3-5)
Helps children gain greater independence in their skills and develop more comfort in and around water. Note: All skills to be completed with minimal support. No goggles allowed.
• Enter water by stepping into shoulder deep water
• Exit water using ladder, steps or side
• Bobbing 5 times
• Open eyes under water and retrieve submerged objects in chest deep water
• Front and back floats (3 seconds on front 5 seconds on back) and glides (2 body lengths)
• Recover from a front or back float or glide to a vertical position
• Roll from front to back and back to front
• Tread water using arm and leg actions
• Combined arm and leg actions on front and back (3 body lengths)
• Finning arm action on back (3 body lengths)
• Complete the series of skills with minimal assistance. Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position.
• Complete the series of skills with minimal assistance. Glide on back for at least 2 body lengths, roll to front, and then recover to a vertical position.
• Complete the series of skills with minimal assistance. Swim using combined arm and leg actions on front for at least 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for at least 3 body lengths.

Preschool Level 3 (Ages 3-5)
Helps children start to gain basic swimming propulsive skills to be comfortable in and around water. Note: All skills to be completed independently. No goggles allowed.
• Enter water by jumping into shoulder deep water
• Fully submerge and hold breath for 10 seconds
• Bobbing 10 times in chest deep water
• Front, jellyfish and tuck floats for 10 seconds
• Recover from a front or back float or glide to a vertical position
• Back float (15 seconds) and glide (3 body lengths)
• Change direction of travel while swimming on front or back
• Tread water for 30 seconds in shoulder deep water
• Combined arm and leg actions on front and back for 5 body lengths
• Finning arm action on back for 5 body lengths
• Complete the series of skills independently. Step from the side into chest deep water, push off the bottom, move into a treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
• Complete the series of skills independently. Move into a back float for 15 seconds, roll to front, and then recover to a vertical position.
• Complete the series of skills independently. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, continue swimming for 5 body lengths.

Learn to Swim Level 1 - Intro To Aquatic Skills
Helps participants Feel comfortable in the water. (No goggles allowed)
• Enter and exit water using ladder, steps or side independently
• Blow bubbles through mouth and nose independently
• Bobbing independently
• Open eyes under water and retrieve submerged objects independently
• Front and back glides and floats independently
• Recover to vertical position independently
• Roll from front to back and back to front independently
• Tread water using arm and hand actions with minimal support
• Alternating and simultaneous leg actions on front and back
• Alternating and simultaneous arm actions on front and back
• Combined arm and leg actions on front and back

Upon successful completion of all skills in this level, advance to Level 2.
Learn to Swim Level 2 - Fundamental Aquatic Skills
Gives participants success with fundamental skills. (No goggles allowed)
• Everything listed in learn to swim level one plus:
  • Front, jellyfish and tuck floats independently
  • Change direction of travel while swimming on front and back independently
  • Tread water using arm and leg actions independently
  • Combined arm and leg actions on front and back independently
  • Finning arm action independently
Upon successful completion of all skills in this level, advance to Level 3A.

Learn to Swim Level 3A - Stroke Development
Builds on the skills in Level 2 through additional guided practice in deeper water (No goggles allowed)
• Everything listed in learn to swim levels 1 and 2 plus:
  • Bobbing while moving toward safety successfully and independently
  • Jump from side in deep water, fully submerge, then recover to the surface and return to the side.
  • Rotary breathing 15 times.
  • Survival float successfully and independently for 30 seconds.
  • Back float successfully and independently for minimum of 30 seconds
  • Change from vertical to horizontal position on front and back successfully and independently
  • Tread water for minimum of 30 seconds successfully and independently
  • Push off in streamlined position on front and back and flutter kick 3-5 body lengths.
  • Front crawl and elementary backstroke minimum of 15 yards successfully and independently
  • Jump into deep water from the side, recover, tread water for 30 seconds and swim to side of the pool.
  • Push off in a streamlined position, swim front crawl for 15 yards, change direction and swim 15 yards elementary backstroke.
Upon successful completion of all skills in this level, advance to Level 3B.

Learn to Swim Level 3B
Stroke Development
Builds on the skills in Level 3A through additional guided practice in deeper water.
• Everything listed in learn to swim levels 1, 2 and 3A plus:
  • Headfirst entries from the side in sitting and kneeling positions successfully and independently
  • Survival float for 1 minute successfully and independently.
  • While in a vertical position, rotate 1 full turn in deep water.
  • Tread water for minimum of 1 minute successfully and independently
  • Flutter, scissor, dolphin and breaststroke kicks on front / side minimum 15 yards successfully and independently
  • Front crawl with rotary breathing and elementary backstroke minimum of 15 yards successfully and independently
  • Jump into the deep water from the side, recover, tread water for 1 minute, and rotate one full turn, swim front crawl and/or elementary backstroke for 25 yards.
• Push off in a streamlined position then swim front crawl for 15 yards, change position/direction as necessary, swim elementary backstroke for 15 yards.

**Upon successful completion of all skills in this level, advance to Level 4.**

**Learn to Swim Level 4 - Stroke Development**
Develops confidence in the skills learned and improves other aquatic skills.
• Everything in learn to swim levels 1, 2 and 3, plus:
  • Headfirst entries from the side in compact and stride positions successfully and independently
  • Swim under water minimum 5 body lengths successfully and independently
  • Feet-first surface dive successfully and independently
  • Survival swimming minimum 30 seconds successfully and independently
  • Front crawl and backstroke open turns successfully and independently
  • Tread water using 2 different kicks minimum of 2 minutes successfully and independently
  • Front and elementary backstroke minimum 25 yards successfully and independently
  • Back crawl, breaststroke, sidestroke and butterfly minimum of 15 yards successfully and independently
  • Streamlined flutter and dolphin kicks on back minimum 3-5 body lengths successfully and independently.

**Upon successful completion of all skills in this level, advance to Level 5.**

**Learn to Swim Level 5 - Stroke Development**
Provides further coordination and refinement of strokes.
• Everything in learn to swim levels 1, 2, 3 and 4, plus:
  • Shallow-angle dive from the side then glide and begin a front stroke successfully and independently
  • Tuck and pike surface dives, submerge completely successfully and independently
  • Front flip turn and backstroke flip turn while swimming successfully and independently
  • Front and elementary backstroke minimum of 50 yards successfully and independently
  • Back crawl, breaststroke, sidestroke and butterfly minimum of 25 yards successfully and independently
  • Sculling successfully and independently

4/24/2019