

## Red Cross Learn-to-Swim Level Description

*Listed below are outlines of the skills learned in each level*

### **Parent and Child:** Introduction to the water (6 mo to 5 yrs)

To become comfortable in the water and practice basic water safety skills: enter and exit safely, *submerging to the mouth, nose, eyes and completely, buoyancy on front and back positions, change body position in the water, learn how to play in the water, experience wearing lifejackets*

### **Preschool: 3yr-6yr**

**Level 1**—Orients children to the aquatic environment and helps them gain basic aquatic skills.

*Enter and exit water using ladder, steps or side, Blow bubbles through mouth and nose, Submerge mouth, nose and eyes, Open eyes under water and retrieve submerged objects, Front and back glides and recover to a vertical position, Back float 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*

**Level 2**—Helps children gain greater independence in their skills and develop more comfort in and around water. *Enter water by stepping in, Exit water using ladder, steps or side, Bobbing, Open eyes under water and retrieve submerged objects, Front and back floats and glides, 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, Finning arm action on back*

**Level 3**—Helps children start to gain basic swimming propulsive skills to be comfortable in and around water. *Enter water by jumping in, Fully submerge and hold breath, Bobbing, Front, jellyfish and tuck floats, Recover from a front or back float or glide to a vertical position, Back float and glide, Change direction of travel while swimming on front or back, Tread water using arm and leg actions, Combined arm and leg actions on front and back.*

### **Learn-to-Swim:**

#### Level 1: Introduction to Water Skills

To help students feel comfortable in the water and enjoy water safety. Enter and exit the water safely, blowing bubble through mouth and nose and bobs, supported floating/kicking on front and back, explore beginning strokes on front and back, recover to standing position from float and float from standing position.

#### Level 2: Fundamental Aquatic Skills

Enter water independently, retrieve underwater objects, unsupported floating front/back, front/back glide, supported front and back crawl strokes, turning over front to back, back to front, treading water, explore swimming on side, safety skills.

#### Level 3: Stroke Development

Jump into deep water from side, sitting or kneeling dive, Bob to safety, front crawl w/ rotary breathing, flutter, scissor, dolphin and breaststroke kicks on front, front crawl and elementary backstroke, Tread water in deep water, safety skills.

#### Level 4: Stroke Improvement

To build students confidence and performance of swimming strokes. Dive from compact or stride position, swim underwater 3 body lengths, feet first surface dive, open turns for front and back strokes, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, sidestroke on front. Flutter and dolphin kicks on back, Safety skills.

#### Level 5: Stroke Refinement

Shallow dive with glide into front stroke, tuck and pike surface dive, flip turns, tread water using two different kicks, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, sidestroke.

#### Level 6: Swimming & Skill Proficiency: *Fitness Swimmer, Personal Water Safety, Fundamentals of diving*