

American Red Cross Swimming Lesson Information

Level 1 – Introduction to Water Skills

Purpose: To begin devolving positive attitudes, good swimming habits and safe practices in and around the water

Skills (Level 1)

- Enter the water independently using ramp, steps or side
- Exit the water independently using ladder, steps or side
- Blow bubbles
- Bob, 5 times
- Open eyes underwater and retrieve submerged objects
- Back glide and recover to a vertical position
- Back float for 5 seconds
- Roll from front to back and back to front
- Tread water, using arm and hand actions
- Alternating and simultaneous leg and arm actions on back
- Combined arm and leg actions on front
- Combined arm and leg actions on back

Water Safety Focus (Level 1)

- Staying safe around aquatic environment
- Recognizing the lifeguards
- Don't Just Pack It, Wear Your Jacket
- Recognizing an Emergency
- How to call for help
- Too Much Sun Is No Fun

Exit Skills (Level 1)

- Enter independently, using either the ramp, steps or slide, travel at least 5 yards, bob 5 times then safely exit the water (Participants can walk, move along the gutter or "swim")
- Glide on the front at least 2 body lengths, roll to a back float for 5 seconds and recover to a vertical position. (This part of the assessment can be performed with assistance).

Level 2 – Fundamental Aquatic Skills

Purpose: To give participants success with fundamental skills, including learning how to float, without supports and to recover to a vertical position.

Prerequisites: Completion of American Red Cross Learn-to-swim Level 1 or successful demonstration of all certification requirements from Level 1

Skills (Level 2)

- Enter the water by stepping or jumping from the side into shoulder-deep water
- Exit the water using ladder, steps or side
- Fully submerge and hold breathe
- Bob, 10 times
- Open eyes underwater and retrieve submerged objects
- Rotary breathing
- Front glide and recover to a vertical position
- Front, jellyfish and tuck floats for 10 seconds
- Back glide and float and recover to a vertical position
- Roll from front to back
- Roll from back to front
- Tread water using arm and leg actions
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front
- Combined arm and leg actions on back
- Finning arm action

Water Safety Focus (Level 2)

- Staying safe around aquatic environments
- Don't Just Pack It, Wear Your Life Jacket
- Recognizing an Emergency
- How to call for help
- Too Much Sun Is No Fun
- Look Before You Leap
- Think! So You Don't Sink
- Reach Or Throw, Don't Go
- The dangers of drains

Exit Skill for Level 2 on Next Page 3

Exit Skills Assessment (Level 2)

- Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
- Move into a back float for 15 seconds, roll to front then recover to a vertical position.
- 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 the front then continue swimming for at least 5 body lengths.

Level 3 – Minimum Water Competency Stroke Development

Purpose: To build on the skills in Level 2 by providing additional guided practice in deeper water.

Prerequisites: Completion of American Red Cross Learn-to-Swim Level 2 OR successful demonstration of all certification requirements from level 2.

Skills (Level 3)

- Enter water by jumping from the side, fully submerge then recover to the surface and return to the side
- Headfirst entry from the side in a sitting position.
- Headfirst entry from the side in a kneeling position
- Bobbing while moving toward safety
- Rotary breathing
- Survival float from 30 seconds
- Back float for 1 minute
- Change from vertical to horizontal position on back
- Change from vertical to horizontal position on back
- While in a vertical position, rotate one full turn
- Treat Water for 30 seconds
- Push off in a streamlined position then begin flutter or dolphin kicking
- Push off in a streamlined position then begin dolphin kicking
- Swim the front crawl for 25 yards
- Breaststroke kick for 15 yards
- Elementary backstroke for 15 yards
- Scissors kick

More information on level 3 on page 4

Water Safety Focus (Level 3)

- Reach or Throw, Don't Go
- Think Twice Before Going Near Cold Water or Ice
- Look Before You Leap
- Developing breath control safely
- Making good decisions – Choosing an exit point

Exit Skills Assessment (Level 3)

- Jump into deep water from the side, recover to the surface maintain position by treading or floating for 60 seconds, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards then exit the water.
- Push off in a streamline position then swim front crawl for 15 yards, change position and directions necessary swim 15 yards elementary backstroke then exit the water.

Level 4 – Stroke Improvement

Purpose: To develop child's confidence in the strokes learned Level 3 and improve other aquatic skills.

Prerequisites: Completion of American Red Cross Learn-to-Swim Level 3 OR successful demonstration of all certification requirements from level 3.

Skills (Level 4)

- Headfirst entry in compact and stride positions
- Swim under water
- Feet first surface dive
- Survival swimming for 1 minute
- Open turns on the front and back
- Tread water using 2 different kicks for 2 minutes
- Front crawl for 25 yards
- Butterfly for 15 yards
- Push off in a streamlined position on back, then begin kicking
- Elementary backstroke for 25 yards
- Back crawl for 15 yards
- Sidestroke for 15 yards

More Information on Level 2 on Page 5

Water Safety (Level 4)

- Reaching assist
- Throwing assist
- Recreational water illnesses
- Think! So You Don't Sink
- Look Before You Leap

Exit Skills Assessment (Level 4)

- Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
- Swim breaststroke for 25 yards, change direction and position as necessary and swim back crawl for 15 yards.
- Submerge and swim a distance of 3-5 body lengths underwater without hyperventilation, return to the surface then exit the water.

Level 5 – Stroke Refinement

Purpose: To further learn how to coordinate and refine strokes

Prerequisites: Completion of American Red Cross Learn-to-Swim Level 4 OR successful demonstration of all certification requirements from level 4.

Skills (Level 5)

- Shallow-angle dive into deep water
- Tuck surface dive
- Pick surface dive
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Tread water for 5 minutes
- Tread water, using only the legs, for 2 minutes
- Sculling for 30 seconds
- Front crawl for 50 yards
- Breaststroke for 50 yards
- Butterfly for 25 yards
- Elementary backstroke for 50 yards
- Back crawl for 25 yards
- Sidestroke for 25 yards

Water Safety Focus (Level 5)

- How to call for help and the importance of knowing first aid and CPR
- Recreation water illnesses
- Reach Or Throw, Don't Go
- Look Before You Leap
- Think! So You Don't Sink
- Think Twice Before Going Near Cold Water or Ice
- Wave, Tide or Ride, Follow the Guide

Exit Skills Assessment (Level 5)

- Perform a shallow-angel dive into deep water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards. Participants should change direction and position of travel as necessary using appropriate and efficient turning styles throughout.
- Swim breaststroke for 50 yards change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.

Level 6 – Advanced Options: Personal Water Safety Fundamentals of Diving Fitness Swimmer

Purpose: To further learn how to coordinate and refine strokes

Prerequisites: Completion of American Red Cross Learn-to-Swim Level 5 OR successful demonstration of all certification requirements from level 5.

Skills (Level 6)

- Front Crawl for 100 yards
- Elementary backstroke for 100 yards
- Back crawl for 50 yards
- Breaststroke for 50 yards
- Sidestroke for 50 yards
- Butterfly for 50 yards
- Front crawl open turn
- Backstroke open turn
- Front flip turn
- Backstroke flip turn

More Information on Level 6 on Page 7

- Sidestroke turn
- Butterfly turn
- Breaststroke turn

Exit Skills Assessment (Level 6)

- Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.

Please note that you can receive this information and more on the **Swim by American Red Cross App**.