

American Red Cross Group Swim Lessons

PARENT and CHILD - INTRO TO SWIM 6 months - 4 years | Ratio 10:1

- In this fun class we use games, songs, and simple instruction to help children establish an expectation of safety with adult supervision in and around the water. Parents will learn how to teach their children various skills to increase their child's confidence, coordination and safety in the water.
- Skills learned
 - enter and exit the water in a safe manner
 - explore submerging in a rhythmic pattern through bobbing and blowing bubbles
 - glide front and back with assistance
- Parent and Child Aquatics builds swimming readiness through games and songs. Parents will learn how to teach their children various skills to increase their child's confidence, coordination and safety in the water. Only one adult can accompany a child in the water. Children that are not potty trained are required to wear swim diapers.

PRESCHOOL LEVEL 1 3 to 4 years | Ratio 4:1

- In Preschool Level 1, your child is introduced to basic water competency skills.
- Milestones are necessary for completion of Preschool Level 1, including:
 - independently entering and exiting water safely
 - submerging mouth and blowing bubbles for at least 3 seconds
 - gliding on front for at least 2 body lengths with support
 - rolling to back and floating for 3 seconds with support
 - recovering to a vertical position with support
- All skills may be performed with support.

PRESCHOOL LEVEL 2 3 to 4 years | Ratio 4:1

- Milestones necessary for completion of Preschool Level 2 include:
 - glide on front for at least 2 body lengths, roll to back from front.
 - glide on back for at least 2 body lengths, roll to front then recover to vertical position.
 - float on back for 15 seconds, then recover to vertical position.
 - swim using combined arm and leg action for at least 3 body lengths.
- All skills may be performed with assistance.

PRESCHOOL LEVEL 3 3 to 4 years | Ratio 4:1

- Additional water safety topics will be introduced in this level.
- Milestones necessary for completion of Preschool Level 3 include:
 - pushing off the bottom and moving into a treading or floating position for 15 seconds, swimming on front and/or back for 5 body lengths, then exiting the water.
 - floating on back for 15 seconds, rolling to front, then recovering to a vertical position.
 - pushing off wall and swimming using combined arm and leg actions to swim on front for 5 body lengths, rolling to back, floating for 15 seconds, rolling to front then continuing to swim for 5 body lengths.
- All skills are performed independently.

LEVEL 1 | Intro to Water Skills 5 to 12 years | Ratio 4:1

- Level 1 students learn to feel comfortable in the water and will be introduced to basic water competency skills with assistance.
- Skills learned
 - enter and exit the water using ladder, steps, or side
 - blow bubbles through mouth and nose
 - bob
 - open eyes under water and retrieve submerge objects

- front and back glides
- float and recover to vertical position
- roll from back to front, and front to back
- alternative and simultaneous arm and leg action on front and back
- tread water

LEVEL 2 | Fundamental Aquatic Skills 5 to 12 years | Ratio 6:1

- Level 2 is the beginning of independent swimming, building on Level 1 skills.
- Skills learned
 - enter and exit water by stepping or jumping from the side
 - fully submerge and hold breath, bob
 - open eyes under water and retrieve submerged objects
 - front jellyfish and tuck floats
 - front and back glides
 - float and recover to a vertical position
 - roll from front to back, and back to front
 - change direction of travel while swimming on front or back
- **Prerequisites for Level 2**
 - enter pool independently using the ramp, steps, or side
 - swim at least 5 yards, bob 5 times, then safely exit the water
 - glide on front at least 2 body lengths, roll to a back float for 5 seconds, and recover to a vertical position

LEVEL 3 | Stroke Development 5 to 12 years | Ratio 6:1

- Level 3 builds and refines skills learned in Level 2.
- Skills learned
 - back float
 - survival float
 - front crawl with rotary breathing
 - elementary back stroke
 - flutter, scissor, dolphin, and breaststroke kicks
 - treading water
 - headfirst entry into water from side, sitting, and kneeling position
- **Prerequisites for Level 3**
 - step from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds
 - 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 5 body lengths.

LEVEL 4 | Stroke Improvement 5 to 12 years | Ratio 6:1

- Students will increase endurance by swimming greater distances with basic strokes.
- Skills learned
 - submerging and swimming under water
 - Introduction to breaststroke and butterfly
- **Prerequisites for Level 4**
 - passing Level 3, recommendation of instructor, or swim test

LEVEL 5 | Stroke Refinement 5 to 12 years | Ratio 6:1

- Students refine performance for 6 strokes; front, back, side, elementary back, breaststroke, and butterfly. Standards are higher in regard to distance and quality.
- Skills learned
 - front and back flip turns
 - shallow angle dives into deep water
- **Prerequisites for Level 5**
 - passing Level 4, recommendation of instructor, or swim test