

American Red Cross

SWIM LEVEL DESCRIPTIONS

PARENT & CHILD CLASS (8 months - 4 years old)

This is a water orientation for children & parents and introduces the following: water adjustment, paddle use of arms and legs, front and back floats, breath control, and safety in and around the pool. This class helps to prepare the child for a more structured swim lesson environment.

Level 1—Introduction to Water Skills helps students feel comfortable in the water and to enjoy the water safely.

Must be at least 4 years old to begin Level 1 lesson.

Skills to be taught: Basic water safety rules, submerging mouth, nose and eyes. Opening eyes underwater and picking up submerged object. Swimming on front and back using arm and leg actions, discuss and demonstrate how to use a lifejacket. Exhaling underwater, bobbing, and floating on front and back. Recognizing a swimmer in distress and getting help.

Level 2—Fundamental Aquatic Skills gives students success with fundamental skills.

Must be able to fully submerge face comfortably

Skills to be taught: Enter and exit water independently, submerge entire head, and blow bubbles with opened eyes independently. Floating on front with face in the water unsupported, float on back unsupported. Change direction of travel while paddling on front or back. Treading water, and discuss & demonstrate lifejacket use.

Level 3—Stroke Development builds on the skills in Level 2 by providing additional guided practice.

Skills to be taught: Jumping into deep water from the side, bobbing to safety, entering head first from the side in a sitting or kneeling position. Front and back glide, survival float, front gliding, crawl stroke, (rotary breathing, arms pulling, flutter kick), back gliding with and without kicking. Back crawl (arms pulling, flutter kick). Tread in deep water, using hand and leg movements. Butterfly kick and body motion. As well as diving rules, water safety rules, and life jacket safety.

Level 4—Stroke Improvement develops confidence in the strokes already learned and how to improve other aquatic skills.

Skill to be taught: Open turns on front and back with push off in streamline position. Refining front crawl stroke, back crawl stroke (while building on endurance), and butterfly (entire stroke). Introduction to the breaststroke, elementary backstroke, and sidestroke (kick only). Treading water using modified scissors, breaststroke or rotary kick and sculling arm motions. Diving from edge of pool (compact and stride), and feet first surface diving. Jumping into pool from a height wearing a lifejacket.

Level 5—Stroke Refinement provides further coordination and refinement of strokes.

Skills to be taught: Shallow water diving from the side of the pool, tuck and pike surface diving. Flip turns on front and back. Perfecting the front crawl, and back crawl. Refining the butterfly, breaststroke, elementary backstroke, and sidestroke. Survival swimming and a few basic rescue skills.

Level 6 - Fitness Swimmer refines the strokes so students swim them with ease, efficiency, and power.

Skills to be taught: Endurance swimming in the following strokes: front crawl, back crawl, butterfly, elementary backstroke, breaststroke & sidestroke. Refine open turns and flip turns for all strokes. Fitness swimming etiquette, proper usage of pull buoy, fins, pace clock, and paddles. Principles of setting up a fitness program. Calculate target heart rate.