

American Red Cross Swimming Lessons Level 1-6

Level 1- Introduction to Water Skills

Objective: To help students feel comfortable in the water and to enjoy the water safely.

Requirements: None

Skills Covered: Entering and exiting the water safely, learning to submerge mouth, nose and eyes and breath control, front and back float and recovering to a stand, changing direction in the water, swimming 5 feet on front and back.

Level 2- Fundamental Aquatic Skills

Objective: To give students success with fundamental skills

Requirements: Students entering this level must possess a Level 1 certificate or demonstrate all the Level 1 skills.

(Entering and exiting the water safely, learning to submerge mouth, nose and eyes and breath control, front and back float and recovering to a stand, changing direction in the water, swimming 5 feet on front and back.)

Skills Covered: Entering water by stepping or jumping in from the side, submerging entire head, blowing bubbles, open eyes underwater, front and back glide, swim 15 feet on front and 10 feet on back, swim on side, life jacket use.

Level 3- Stroke Development

Objective: To build on skills in Level 2 through additional guided practice

Requirements: Students entering this level must possess a Level 2 certificate or demonstrate all the Level 2 skills

(Entering water by stepping or jumping in from the side, submerging entire head, blowing bubbles, open eyes underwater, front and back glide, swim 15 feet on front and 10 feet on back, swim on side, life jacket use.)

Skills Covered: Jump into deep water, head first entry from sitting or kneeling, submerging and retrieving an object, bobbing, survival float for 30 seconds, treading water for 30 seconds, front crawl 15 yards, butterfly 15 feet, back crawl 15 yards, elementary rescues, safe diving, check-call-care.

Level 4- Stroke Improvement

Objective: To develop confidence in the strokes learned thus far and to improve other aquatic skills by increasing endurance through swimming greater distances

Requirements: Students entering this level must possess a Level 3 certificate or demonstrate all the Level 3 skills (Jump into deep water, head first entry from sitting or kneeling, submerging and retrieving an object, bobbing, survival float for 30 seconds, treading water for 30 seconds, front crawl 15 yards, butterfly 15 feet, back crawl 15 yards, elementary rescues, safe diving, check-call-care.)

Skills Covered: Diving, underwater swimming, feet-first surface dive, 1 minute of survival floating, treading and back floating, 25 yards of front crawl, breaststroke and back crawl, 15 yards of butterfly and elementary backstroke and sidestroke, compact jump from height in a lifejacket, throwing assists and caring for unconscious choking victim

Level 5- Stroke Refinement

Objective: Coordination and refinement of strokes

Requirements: Students entering this level must possess a Level 4 certificate or demonstrate all the Level 4 skills

(Diving, underwater swimming, feet-first surface dive, 1 minute of survival floating, treading and back floating, 25 yards of front crawl, breaststroke and back crawl, 15 yards of butterfly and elementary backstroke and sidestroke, compact jump from height in a lifejacket, throwing assists and caring for unconscious choking victim)

Skills Covered: Shallow dive, tuck and pike surface dives. 2 minutes of survival floating, back float and treading water, flip turns on front and back, 50 yards front and back crawl, 25 yards butterfly, breaststroke, elementary backstroke and sidestroke, 2 minutes of survival swimming, rescue breathing.

Level 6- Swimming and Skill Proficiency

Objective: Refine strokes so students swim with more ease, efficiency, power and smoothness over greater distances; includes “menu options”- Personal Water Safety, Fitness Swimmer and Fundamentals of Diving

Requirements: Students entering this level must possess a Level 5 certificate or demonstrate all the Level 5 skills

(Shallow dive, tuck and pike surface dives. 2 minutes of survival floating, back float and treading water, flip turns on front and back, 50 yards front and back crawl, 25 yards butterfly, breaststroke, elementary backstroke and sidestroke, 2 minutes of survival swimming, rescue breathing.)

Skills Covered: 500 yards continuous swim using 100 yards each of front and back crawl, 50 yards each of breaststroke, elementary backstroke, sidestroke and butterfly and 100 yards choice of any of those strokes, survival floating and back floating 5 minutes each, feet first surface dive and retrieve an object from 7 feet, Cooper 12-minute swim test.