

School Age Program
Ages 5-14
Minimum 4 participants

American Red Cross- "Learn to Swim" Levels
Instructor Ratio 1:8

Level 1- Introduction to Water Skills

There are no prerequisites for this course. The objective of Level 1 is to help students feel comfortable in the water and to enjoy to the water safely.

Skills: Submerge mouth, nose and eyes, exhale under water, floating on front and back with support, open eyes underwater and pick up a submerged object, explore arm and hand movements, swim on front and back using arm and leg actions, water safety rules, water entry and exits.

Level 2- Fundamental Aquatic Skills

Prerequisites: Passed Level 1, or be able to perform a front float with face in water, back float, and swim on front and back using arm and leg actions. The objective of Level 2 is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. Students explore simultaneous and alternating arm and leg actions.

Skills: Enter water by stepping or jumping from the side, exit water from ladder safely, submerge entire head, open eyes under water and pick up submerged object, perform front and back glide, roll over from front to back, back to front, tread water using arm and leg actions, floating on front and back without support, swim on front and back using combined arm and leg actions, swim on side, self-help and basic water rescue skills.

Level 3- Stroke Development

Prerequisites: Passed Level 2, or can float on front and back, swim 15 yards on front and back, swim 15 yards using front and back crawls, using kick and alternating arm movement, and can perform rhythmic breathing.

The objective of Level 3 is to build on the skills in Level 2 by providing additional guided practice.

Skills: Jump into deep water from side, dive from kneeling and standing position, submerge and retrieve an object, bob with head fully submerged, use rotary breathing in a horizontal position, front and back glides with kicks, survival float, change from horizontal to vertical on front and back, butterfly kick and body motion, treading water, front and back crawl, safety skills.

Level 4- Stroke Improvement

Prerequisites: Passed Level 3, or can swim 15 yards of coordinated front and back crawls using kick and alternating arm movement, perform rhythmic breathing and can jump into deep water.

The objective of Level 4 is to develop confidence in the strokes learned and to improve other aquatic skills.

Skills: Swim underwater, perform feet first surface dive, open turns on front and back using any stroke, tread water using sculling arm motions and kick, perform front crawl, breaststroke, butterfly, back crawl, elementary backstroke, use safe diving rules, perform compact jump with lifejacket, perform throwing assist and care for conscious choking victim.

Level 5- Stroke Refinement

Prerequisites: Passed Level 4, or can swim 25 yards back crawl and front crawl, 10 yards elementary backstroke, breaststroke kick and sidestroke kick, standing dive into pool and deep water bobbing.

The objective of Level 5 is coordination and refinement of strokes.

Skills: Tread water using two different kicks, shallow dive, survival swimming, perform rescue breathing, standing dives, pike surface dive, tuck surface dive, front flip turn, backstroke flip turn, refining and developing endurance for front crawl, breaststroke, butterfly, back crawl, elementary backstroke, develop sidestroke.

Level 6- Swimming and Skill Proficiency

Prerequisites: Passed Level 5, or can swim 25 yards breaststroke, elementary backstroke and sidestroke, 50 yards front and back crawls. Can do 15 yards butterfly, perform stride jump, open turns, and 2 minutes treading water.

The objective of Level 6 is to refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options- Personal Water Safety, Fundamentals of Diving, Fitness Swimmer, and Lifeguard Readiness.

Skills/Activities: Depends on the specific Level 6 course being taught