

## American Red Cross Swimming Lesson Descriptions

### Parent and Child Aquatics (6 months to approximately 3 years)

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. The two levels are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy.

#### Level 1

Provides experiences and activities for children to:

- Learn to ask for permission before entering the water.
- Learn how to enter and exit the water in a safe manner.
- Feel comfortable in the water.
- Explore submerging to the mouth, nose and eyes and fully submerging.
- Explore buoyancy on the front and back position.
- Change body position in the water.
- Learn how to play safely.
- Experience wearing a U.S. Coast Guard-approved life jacket.
- Plus age-appropriate water safety topics.

#### Level 2

Builds upon the skills learned in Level 1 and provides experiences and activities for children to:

- Establish expectation for adult supervision.
- Learn more ways to enter and exit the water in a safe manner.
- Explore submerging in a rhythmic pattern.
- Glide on the front and back with assistance.
- Perform combined stroke on front and back with assistance.
- Change body position in the water.
- Experience wearing a U.S. Coast Guard-approved life jacket in the water.
- Plus age-appropriate water safety topics.

### Preschool Aquatics (approximately 4 - 5 years old)

Throughout the three levels, preschool-age children are taught basic aquatic safety and swimming skills, all the while increasing their comfort level in and around the water. Skills are age-appropriate, helping children achieve success on a regular basis and enjoy social interactions with other children. As in all Swimming and Water Safety courses, your child will always know that it's safety first.

**Level 1**—Orients children to the aquatic environment and helps them gain basic aquatic skills.

- Enter water using ramp, steps or side
- Exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front glide and recover to a vertical position
- Back glide and recover to a vertical position
- Back float

## American Red Cross Swimming Lesson Descriptions

- Roll from front to back and back to front
- Tread with arm and hand actions
- Alternating and simultaneous arm and leg actions on front
- Alternating and simultaneous arm and leg actions on back
- Combined arm and leg actions on front and back
- Plus age-appropriate water safety topics

**Level 2**—Helps children gain greater independence in their skills and develop more comfort in and around water

- Enter water by stepping in from a deck or low height
- Exit water using ladder, steps or side
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front float
- Back glide and float and recover to a vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Plus age-appropriate water safety topics

**Level 3**—Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

- Enter water by jumping in
- Fully submerge and hold breath
- Bobbing
- Rotary breathing
- Front, jellyfish and tuck floats
- Front and back float or glide and recover to a vertical position
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Plus age-appropriate water safety topics

### **Learn-to-Swim (children approximately 6 years through teen)**

Designed to help participants achieve maximum success, Learn-to-Swim courses are based on a logical, six-level progression that helps swimmers of varying ages and abilities develop their water safety, survival and swim skills.

#### **Level 1—Introduction to Water Skills**

Helps participants feel comfortable in the water.

- Enter water using ramp, steps or side
- Exit water using ladder, steps or side
- Blow bubbles through mouth and nose

## American Red Cross Swimming Lesson Descriptions

- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and recover to a vertical position
- Back float
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous arm and leg actions on front
- Alternating and simultaneous arm and leg actions on back
- Combined arm and leg actions on front and back
- Plus age-appropriate water safety topics

### Level 2—Fundamental Aquatic Skills

Gives participants success with fundamental skills.

- Enter water by stepping or jumping from the side
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Rotary breathing
- Front, jellyfish and tuck floats
- Back glide and recover to a vertical position
- Front glide and recover to vertical position
- Roll from front to back and 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 and back
- Finning arm action
- Plus age-appropriate water safety topics

### Level 3—Stroke Development

Builds on the skills in Level 2 through additional guided practice in deeper water.

- Enter water by jumping from the side, fully submerge then recover to the surface and return to the side
- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Back float
- Survival float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter and dolphin kicks on front
- Scissors and breaststroke kicks
- Front crawl and elementary backstroke
- Plus age-appropriate water safety topics

## American Red Cross Swimming Lesson Descriptions

### Level 4—Stroke Improvement

Develops confidence in the skills learned and improves other aquatic skills.

- Headfirst entries from the side in compact and stride positions
- Swim under water
- Feet first surface dive
- Survival swimming
- Open turns on front and back
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back
- Plus age-appropriate water safety topics

### Level 5—Stroke Refinement

#### Session 1 & 3

#### Session 2

Provides further coordination and refinement of strokes.

- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling
- Plus age-appropriate water safety topics

### Level 6—Swimming and Skill Proficiency

#### Session 1 & 3

#### Session 2

Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed to focus on preparing participants for more advanced courses, including the Water Safety instructor course, or other aquatic activities, such as competitive swimming or diving.

- Fitness Swimmer
- Personal Water Safety
- Fundamentals of Diving