



Red Cross Swim Lesson Descriptions

Parent and Child- Ages 6months-3 years

Skills include adjusting to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breath control (i.e., blowing bubbles or voluntarily fully submerging under water). Parent and Child Aquatics provides parents with information and techniques to create safer aquatic experiences for their children.

- How to properly enter the pool
- Blowing bubbles on the surface and with mouth and nose submerged
- Adjusting to the water environment and showing comfort in a front or back position
- Learning cues to go under water and breathe control
- How and when to safely go under water
- Submerging mouth, nose and eyes and underwater exploration
- Swim underwater
- Floating on the back
- Going from tummy to back, with and without leg actions
- Learning Safety Zones while swimming

Parents, you also learn:

- How to properly supervise children and maintain safe behavior in, on and around the water.
- How to hold and support your child in the water.
- How to select and fit a U.S. Coast Guard-approved life jacket for your child.
- Valuable water safety information to make your family safer in, on and around the water.

Preschool Aquatics 1- Ages 3-6 years

Preschool Aquatics Level 1 is designed to orient young preschool children to the aquatic environment and to help them gain basic aquatic skills at the most rudimentary levels. It also helps children develop comfort in, on and around water with assistance. Preschool Aquatics Level 1 is the first stepping stone to developing the swimming skills and knowledge needed to be successful in and around the water.

- Correct entry and exit techniques
- Adjusting to the water environment and showing comfort in a front or back position
- Bobbing and opening eyes underwater and retrieve submerged objects
- Front and back floats and glides with assistance, with recovery to a vertical position
- Roll from front to back and back to front with assistance
- Arm and hand treading actions with assistance
- Alternating and simultaneous arm and leg actions with assistance

Preschool Aquatics 2- Ages 3-6 years

**Prerequisite: went through Preschool Aquatics Level 1 and passed*

Preschool Aquatics Level 2 performs the same skills as Preschool Aquatics Level 1 in a slightly more advanced level, for example for longer lengths of time, distance, and in deeper water. Level 2 marks the beginning of independent aquatic locomotion skills.

- Correct entry and exit techniques
- Bobbing and opening eyes underwater and retrieve submerged objects
- Front and back floats and glides without assistance, with recovery to a vertical position
- Roll from front to back and back to front without assistance
- Arm and hand treading actions without assistance
- Alternating and simultaneous arm and leg actions without assistance
- Finning arm action on back
- Introduction to rotary breathing
- Proper freestyle kicks
- Swimming from the wall to the instructor and to his/her Safety Zone
- Diving for toys and going to child's Safety Zone - Water fun!
- Importance of wearing a life jacket and basic safety rules
- Staying safe around the aquatic environments, recognizing the lifeguards, how to call for help and sun safety

Level 1- Introduction to Water Skills

**Prerequisite: over 6 years old OR passed Preschool Level 2*

Level 1 introduces basic aquatic skills, which participants continue to build on as they progress through Learn-to-Swim. Participants start developing positive attitudes, effective swimming habits and safe practices in and around the water. Level 1 skills overlap with the Preschool Aquatics Level 1 and 2 skills.

- Continued emphasis on correct entry and exit techniques
- Bobbing, opening eyes underwater and retrieve submerged objects, explore arm and hand movements
- Bobbing for toys and going to either Safety Zone
- Continued emphasis on a strong freestyle kick and how to go from kicking to Safety Zone
- Roll from front to back and back to front - Combining arm and leg actions
- Treading water using arm and leg actions
- Alternating and simultaneous arm and leg actions on front and back
- Combined arm and leg actions on front and back
- How to incorporate using freestyle arms while kicking and when tired remembering to go to Safety Zone
- Backstroke kick

Level 2- Fundamental Aquatic Skills

**Prerequisite: Passed level 1 or demonstrate level 1 skills*

This level marks the beginning of true locomotion skills. All skills are done without support in chest deep water. Foundation for further stroke development is laid.

- Level 2 skills builds on level 1 skills
- Enters water using ramp, steps, or side
- Fully submerge and hold breath and bobbing, perform rhythmic breathing (forward or to the side)
- Front, jellyfish and tuck floats
- Development of treading water using different kicks
- Change direction of travel while swimming on front or back
- Finning arm action on back, glide on front and back
- Alternating and simultaneous arm and leg actions
- Staying safe around aquatic environments, recognizing the lifeguards, how to call for help and sun safety, look before you leap, think so you don't sink

Level 3- Stroke Development

**Prerequisite: Passed level 2 or demonstrate level 2 skills*

Participants learn and practice survival floating and learn to swim front crawl and elementary backstroke at rudimentary proficiency levels. Different kicks and headfirst rules and entries are introduced.

- Builds on Level 2 skills plus;
- Bobbing while moving toward safety, head fully submerged.
- Rotary breathing (side breathing), survival and back floats, treading water.
- Change from vertical to horizontal position on front and back.
- Push off in a streamlined position then begin to flutter and dolphin kick on front.
- Front crawl and elementary backstroke, scissors kick.
- Push off in a streamlined position and then begin flutter and dolphin kicks on back.
- Intro to Front crawl, elementary backstroke, breaststroke, sidestroke, regular backstroke and butterfly.

Level 4- Stroke Improvement

**Prerequisite: Passed level 3 or demonstrate level 3 skills*

Participants improve their aquatic skills and increase their endurance by swimming the strokes learned in Level 3, for greater distances and with more advanced proficiency. Participants add arm actions to the previously learned scissors kick and breaststroke kick to perform the rudimentary sidestroke and to learn the breaststroke. Participants learn the back crawl and butterfly, as well as open turns.

- Builds on Level 3 skills plus;
- Entry from the side in compact and stride positions, feet first surface dive.
- Headfirst entry from the side in sitting and kneeling positions.
- Swim underwater and survival swimming.
- Front crawl and backstroke open turns.
- Tread water using 2 different kicks.
- Further progression into diving.
- Development of front crawl, elementary backstroke, breaststroke, sidestroke, regular backstroke and butterfly.
- Swimming responsibly.

Advanced Swimming

**Prerequisite: Passed level 4 or demonstrate level 4 skills*

Participants refine their performance of all six strokes and increase the distances that they swim. Participants will also learn Personal Water Safety, Fundamentals of Diving and Fitness Swimmer. These skills prepare participants for advanced courses, such as the Water Safety Instructor course, or other aquatic activities such as competitive swimming or diving.

- Shallow diving, different types of diving
- Changing direction and position treading
- Swim on the front using front crawl, breaststroke and butterfly
- Swim on the back using elementary backstroke, back crawl, and back scull
- Sidestroke and safety swimming
- Specialty knowledge and skills- safety skills
- Circle swimming, long distance swimming, and swim drills