

AMERICAN RED CROSS LEARN-TO-SWIM LEVELS

Listed below are the skills required to pass each level

Pre-School Swim Classes

WATER TOTS I

ages 6 months - 3 years w/guardian

- Enter and exit water safely
- Water adjustment
- Explore submerging of the mouth, nose and eyes
- Explore supported floats on front and back
- Supported combined stroke on front and back
- Wearing a lifejacket

LIL' SPLASHERS I

ages 3-5

- Supported float and glide on front and back
- Alternating arm and leg action skills
- Fully submerge face for 3 seconds
- Enter and exit the pool
- Walk 5 yards in chest deep water

LIL' SPLASHERS II

ages 3-5

(instructors approval required)

- Hold breath and fully submerge head 3 sec.
- Unsupported floating and kicking on front and back 5 sec.
- Rhythmic breathing 10 times
- Combined stroke on front and back 5 yards
- Step from side into chest deep water
- Submerge and retrieve an object in chest deep water

Level Swim Classes for Grades K & Up

We must have a Red Cross swim level on file in order to register for swim lessons

LEVEL 1

INTRODUCTION TO WATERSKILLS

- Supported float and glide on front and back
- Alternating arm and leg action skills
- Fully submerge face for 3 seconds
- Enter and exit the pool
- Walk 5 yards in chest deep water

LEVEL 2

FUNDAMENTAL AQUATIC SKILLS

- Hold breath and fully submerge head 3 sec.
- Unsupported floating and kicking on front and back 5 sec.
- Rhythmic breathing 10 times
- Combined stroke on front and back 5 yards
- Step from side into chest deep water then float or tread for 15 seconds

LEVEL 3

STROKE DEVELOPMENT

- Jumping into deep water
- Diving from seated or kneeling position
- Treading water for 1 minute
- Front crawl and back crawl 25 yards
- Rotary breathing
- Elementary backstroke 25 yards

LEVEL 4

STROKE IMPROVEMENT

- Dives from compact and stride positions
- Breaststroke 15 yards
- Front and back crawl stroke 25 yards
- Tread water 2 minutes
- Breaststroke 15 yards
- Elementary backstroke 25 yards
- Swim underwater 3-5 body lengths

LEVEL 5

STROKE REFINEMENT

- Breaststroke 25 yards
- Back crawl 25 yards
- Front crawl 50 yards
- Elementary backstroke 50 yards
- Tread water 2 minutes with 2 different kicks
- Shallow dive

LEVEL 6

PERSONAL WATER SAFETY

- 500 yard continuous swim
- Front crawl and elementary backstroke -- 100 yards
- Breaststroke, back crawl, sidestroke, and butterfly -- 50 yards
- Survival float for 5 minutes
- Back float for 5 minutes
- Retrieve an object from depth of 7 feet

LEVEL 6

FITNESS SWIMMER

- 500 yard continuous swim
- Front crawl and elementary backstroke -- 100 yards
- Breaststroke, back crawl, sidestroke, and butterfly -- 50 yards
- Cooper 12 minute swim test

SWIM LEVEL TESTING

We offer testing during any of our Recreation Swim Times beginning September 11th (page 5)

Before September 11th we offer the following test dates:

August 2 6:00-7:00

August 3 6:00-7:00

August 10 6:00-7:00

August 15 6:00-7:00

August 21 4:00-5:00

August 31 3:00-5:30

You do NOT need to make an appointment for level testing.