Learn-To-Swim: Level Information

Parent & Child Aquatics (Ages 6 Months–3 Years)
American Red Cross Parent and Child Aquatics introduces young children to the water and prepares them to learn to swim. It is not designed to teach children to become good swimmers or to survive in the water on their own. The course gives parents safety information and teaches techniques to help orient their children to the water. It is a bonding experience that will fill the parents and children with wonderful lifelong memories.

Preschool Aquatics (Ages 3–5)
American Red Cross Preschool Aquatics promotes the developmentally appropriate learning of fundamental water safety and aquatic skills by young children. Skills are grouped into categories such as water entry and exit, breath control and submersion, swim on front and back, changing direction, and water safety.

Learn-to-Swim Group Lessons (Ages 5 and Up)
Let us teach your children to be safe in, on and around the water. We offer an American Red Cross Learn-to-Swim program for individuals of all ages and abilities designed to focus on progressive aquatic skill development for participants to become safer and better swimmers. Information on level-specific skills is below:

- **Level 1**
  - Enter and exit using the ladder, steps, or side independently
  - Blow bubbles through mouth and nose, 3 seconds
  - Bob 3 times
  - Front/Back Glide (with support, 2 body lengths)
  - Recover from a front/back glide to a vertical position (with support)
  - Back Float, with assistance, 3 seconds
  - Roll from front to back and back to front (with support)
  - Tread, using arm and hand actions in chest deep water
  - Alternating/Simultaneous leg and arm action on front and back (with support, 2 body lengths)

- **Level 2**
  - Bob 5 times
  - Float on tummy independently for 5 seconds
  - Back float for 15 seconds
  - Front glide and back glide
  - Roll over from front to back and back to front
  - Combined arm and leg action on front for 5 body lengths (is not specific to front crawl or breaststroke, just says the child has to be able to put arms and legs together)
  - Combined arm and leg action on back for 5 body lengths (is not specific to back crawl or elementary backstroke, just says the child has to be able to put arms and legs together)
• Level 3
  o Front crawl
  o Back crawl
  o Elementary backstroke
  o Breaststroke
  o Treading water
  o Dolphin kick for butterfly
  o Rotary breathing (breathing to the side like in front crawl)
  o Diving
  o Scissors kick for sidestroke

• Level 4
  o Headfirst entry from the side in a compact and stride position
  o Swim underwater, 3-5 body lengths
  o Feet-first surface dive
  o Front crawl/Backstroke open turns
  o Tread water using 2 different kicks, 2 minutes
  o Front Crawl/Elementary Backstroke, 25 yards
  o Back Crawl/Breaststroke/Butterfly/Sidestroke, 15 yards
  o Push off in a streamlined position, flutter/dolphin kick, 3-5 body lengths

• Level 5/Pre-competitive
  o Shallow-angle dive from the side, then glide 2 body lengths and begin any front stroke
  o Tuck/Surface dive, submerging completely
  o Tread water, 5 minutes
  o Front Crawl/Elementary Backstroke, 50 yards
  o Breaststroke/Butterfly/Back Crawl/Side Stroke, 25 yards
  o Sculling, 30 seconds