

## **American Red Cross Learn-to-Swim**

Our new Learn-to-Swim offers something for everybody. A unique six-level instructional approach is unlike anything offered by other aquatic training programs. Plus our instructors are trained and certified by the American Red Cross, so swimmers of all ages and abilities are in good hands.

The prerequisite for each level is the successful demonstration of the skills from the preceding level, except for Level 1, which has no prerequisite. Each level of Learn-to-Swim includes training in basic water safety and helping others in an emergency, in addition to the skills outlined below:

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

Purpose: Helps students feel comfortable in the water. Level 1 participants learn to:

- Enter and exit water safely
- Submerge mouth, nose and eyes
- Exhale underwater through mouth and nose
- Open eyes underwater, pick up submerged object
- Change direction while walking or paddling
- Roll over from front to back and back to front with support
- Explore floating on front and back with support
- Explore swimming on front and back using arm and leg actions with support
- Use a life jacket

### **Level 2: Fundamental Aquatic Skills**

Purpose: Gives students success with fundamental skills. Level 2 participants learn to:

- Enter water by stepping or jumping from the side
- Exit water safely using ladder or side
- Submerge entire head
- Blow bubbles submerging head in a rhythmic pattern (bobbing)
- Open eyes underwater, pick up a submerged object in shallow water
- Float on front and back
- Perform front and back glide
- Change direction of travel paddling on front or back
- Roll over from front to back, back to front
- Tread water using arm and leg motions (chest-deep water)
- Swim on front, back, and side using combined arm and leg actions
- Move in the water while wearing a life jacket

### **Level 3: Stroke Development**

Purpose: Builds on the skills in Level 2 through additional guided practice. Level 3 participants learn to:

- Jump into deep water from the side
- Dive from kneeling or standing position
- Submerge and retrieve an object in chest deep water
- Bob with the head fully submerged
- Rotary breathing in horizontal position
- Perform front and back glide using two different kicks

- Float on front and back in deep water
- Change from horizontal to vertical position on front and back
- Tread water using hand and leg movements
- Perform front and back crawl
- Butterfly—kick and body motion
- Perform the HELP and Huddle position

#### **Level 4: Stroke Improvement**

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

Level 4 participants learn to:

- Perform a dive from a standing or stride position
- Swim underwater
- Perform feet-first surface dive
- Perform open turns on front and back
- Tread water using sculling arm motions and with different kicks
- Perform the following:
  - Front and back crawl
  - Breaststroke
  - Butterfly
  - Elementary backstroke
- Swim on side using scissors-like kick
- Perform compact jump into water from a height while wearing a life jacket

#### **Level 5: Stroke Refinement**

Purpose: Provides further coordination and refinement of strokes. Level 5 participants learn to:

- Perform the following:
  - Standing dive
  - Shallow dive, glide two body lengths and begin any front stroke
  - Tuck surface dive
  - Pike surface dive
  - Front flip turn
  - Backstroke flip turn
  - Front and back crawl
  - Butterfly
  - Breaststroke
  - Elementary backstroke
  - Sidestroke
- Tread water with two different kicks
- Learn survival swimming