

CERTIFIED AMERICAN RED CROSS CLASSES

TITLE:

PURPOSE:

COURSE CONTENT INCLUDES:

PRE SCHOOL	Orientation to aquatic environment	Supported floating and kicking on front and back
LEVEL ONE	Create a sound foundation of fundamental	Introduction to "learning environment"
4 & UP	aquatic and safety skills	Recognizing emergency situations & lifeguards
PRE SCHOOL	Builds on skills learned in Pre School Level I	How to get help in an emergency
LEVEL TWO	Gives participants success with fundamental	Reaching assists without equipment
4 & UP	skills such as floating and basic locomotion	Fundamentals of using a life jacket

LTS LEVEL I	Orientation to aquatic environment	Supported floating and kicking on front and back
Water	Create a sound foundation of fundamental	Alternating arm action
Exploration	aquatic and safety skills such as floating and	Water Safety rules
6 & UP	basic locomotion,	How to get help in an emergency
		Reaching assists without equipment
		Fundamentals of using a life jacket

LTS LEVEL II	Expand on fundamental aquatic	Floating and kicking on front and back
Primary	locomotion and safety skills	Rhythmic breathing
Skills	Introduction to more advanced swimming	Combined stroke on front and back
6 & UP	techniques including combined arm and leg	Turning over front to back, back to front
	motions.	Reaching and extension assists
		Familiarity with rescue breathing

LTS LEVEL III	Increase swimming skill	Fundamentals of elementary backstroke
Stroke	Practice safety and rescue skills	Jumping into deep water with a life jacket
Readiness	Guided practice in deeper water	Diving from side of pool
	Introduction to fundamentals	Treading Water
	of various swimming strokes	Self-rescue skills
		Rescue breathing

LTS LEVEL IV	Develop confidence and competency in	Deep-Water bobbing
Stroke	strokes and safety skills beyond preceding	Dives from the side of pool from stride
Development	levels	and standing positions.
	Swimming underwater	Front crawl, elementary back stroke, scissors kick
	Introduction of various water entry techniques	flutter kick and dolphin kick
	Introduction of various swimming strokes	Turns at the wall
		Familiarity with CPR

LTS LEVEL V	Continue refinement of front	Alternate breathing
Stroke	crawl, back crawl, elementary	Swimming underwater
	backstroke, introduce butterfly,	Butterfly
	surface dives, and springboard	Open turns on front and back
	diving	Diving safety
		Beginning diving progression from diving board