

There are now three American Red Cross Swim Programs:

- Parent and Child Aquatics Classes (Levels 1 and 2)
- Pre-School Aquatics Classes (Levels 1-3)
- Learn-to-Swim Classes (Levels 1-6)

The following is a list of skills taught at each level within each program.

Parent and Child Aquatics Level 1 Skills

***** This class familiarizes young children (as young as 6 months old) to the water and prepares them for Pre-School Aquatics and the Learn-to-Swim program.**

***** Parents are in the water with his/her child.**

***** Parents are given safety information and taught techniques to help orient their children to the water.**

***** Child must wear swim diapers.**

- Getting wet with toys
- Getting wet kicking
- Enter water by lifting in
- Enter water by walking in
- Out-of-water exploration
- In-water exploration
- Exit water by lifting out
- Exit water by walking out
- Blowing bubbles on the surface
- Blowing bubbles with mouth and nose submerged
- Underwater exploration
- Submerging mouth, nose and eyes
- Front float
- Front glide
- Back float
- Back glide
- Roll from front to back
- Roll from back to front
- Passing from instructor to parent
- Leg action on front
- Leg action on back

Safety Topics

- The importance of wearing a life jacket
- How to call for help and the importance of knowing first aid and CPR
- Basic water safety rules
- General water safety around the home
- Recreational water illnesses
- Sun safety

Parent and Child Aquatics Level 2 Skills

*** *This class familiarizes young children (as young as 6 months old) to the water and prepares them for Pre-School Aquatics and the Learn-to-Swim program.*

*** *Parents are in the water with his/her child.*

*** *Parents are given safety information and taught techniques to help orient their children to the water.*

*** *Child must wear swim diapers.*

- Enter water in seated position
- Enter water in seated position—rolling over and sliding in
- Enter water by stepping or jumping in
- Water entry using a ladder
- Water entry using stairs
- Exploring the pool (in shallow water)
- Exit water using side of pool
- Exit water using a ladder
- Opening eyes and retrieving objects below the surface
- Opening eyes and retrieving submerged objects
- Bobbing
- Front float
- Front glide
- Front glide to the wall
- Back float
- Back glide
- Roll from front to back
- Roll from back to front
- Passing between adults
- Drafting with breathing
- Leg action on front—alternating or simultaneous movements
- Arm action on front—alternating or simultaneous movements
- Combined arm and leg actions on front with breathing
- Leg action on back—alternating or simultaneous movements
- Arm action on back—alternating or simultaneous movements
- Combined arm and leg actions on back

Safety Topics

- Wearing a life jacket in the water
- Reaching assists
- Basic water safety rules review
- Safety at the beach and at the waterpark
- Water toys and their limitations

Pre-school Aquatics Level 1 Skills

*** *All skills are demonstrated with support unless noted.*

** *Each Skill must be demonstrated in order to pass the class.*

** *Each Exit Skill must be performed continuously (without stopping) in order to pass the class.*

- Enter water using ladder, steps or side (independently)
- Exit water using ladder, steps or side (independently)
- Blowing bubbles through mouth and nose, 3 seconds
- Submerging mouth, nose and eyes
- Opening eyes under water and retrieving submerged objects, 2 times (in shallow water)
- Front glide, 2 body lengths
- Recover from a front glide to a vertical position
- Back glide, 2 body lengths
- Back float, 3 seconds
- Recover from a back float to a vertical position
- Roll from front to back
- Roll from back to front
- Treading with arm and hand actions (explore in chest-deep water)
- Alternating leg action on front, 2 body lengths
- Simultaneous leg action on front, 2 body lengths
- Alternating arm action on front, 2 body lengths
- Simultaneous arm action on front, 2 body lengths
- Combined arm and leg actions on front, 2 body lengths
- Alternating leg action on back, 2 body lengths
- Simultaneous leg action on back, 2 body lengths
- Alternating arm action on back, 2 body lengths
- Simultaneous arm action on back, 2 body lengths
- Combined arm and leg actions on back, 2 body lengths

Safety Topics

- Staying safe around aquatic environments
- Recognizing the lifeguards
- Don't just pack it, wear your jacket (demonstrate)
- Recognizing an emergency
- How to call for help
- Too much sun is no fun (demonstrate)

Exit Skills Assessment

- Enter independently, using either the ladder, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water. (Children can walk, move along the gutter or "swim.")
- While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds then recover to a vertical position.

Pre-school Aquatics Level 2 Skills

*** *All skills are demonstrated with assistance unless noted.*

** *Each Skill must be demonstrated in order to pass the class.*

** *Each Exit Skill must be performed continuously (without stopping) in order to pass the class.*

** *After passing, child may enter Learn to Swim Level 2.*

- Enter water by stepping in (demonstrate in shoulder-deep water)
- Exit water using ladder, steps or side (independently in chest-deep water)
- Bobbing, 3 times (may have support)
- Opening eyes under water and retrieving submerged objects, 2 times (independently in chest-deep water)
- Front float, 3 seconds (with support and assistance)
- Front glide, 2 body lengths
- Recover from a front float or glide to a vertical position (in chest-deep water)
- Back float, 5 seconds
- Back glide, 2 body lengths
- Recover from a back float or glide to a vertical position (in chest-deep water)
- Roll from front to back
- Roll from back to front
- Treading using arm and leg actions, 5 seconds (in shoulder-deep water)
- Combined arm and leg actions on front, 3 body lengths
- Finning arm action on back, 3 body lengths
- Combined arm and leg actions on back, 3 body lengths

Safety Topics

- Staying safe around aquatic environments
- Recognizing the lifeguards
- Don't just pack it, wear your jacket (demonstrate)
- Recognizing an emergency
- How to call for help (demonstrate)
- Too much sun is no fun

Exit Skills Assessment

- Glide on front at least 2 body lengths, roll to back, float on back for 5 seconds then recover to a vertical position.
- Glide on back for at least 2 body lengths, roll to front, float for 5 seconds then recover to a vertical position.
- Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 5 seconds, roll to front then continue swimming on front for 3 body lengths.

Pre-school Aquatics Level 3 Skills

*** *All skills are demonstrated independently unless noted.*

** *Each Skill must be demonstrated in order to pass the class.*

** *Each Exit Skill must be performed continuously (without stopping) in order to pass the class.*

** *After passing, child may enter Learn to Swim Level 3.*

- Enter water by jumping in (shoulder-deep water)
- Fully submerging and holding breath, 5 seconds
- Bobbing, 5 times (in chest-deep water)
- Front float, 5 seconds
- Jellyfish float, 5 seconds
- Tuck float, 5 seconds
- Recover from a front float or glide to a vertical position
- Back float, 15 seconds
- Back glide, 2 body lengths
- Recover from a back float or glide to a vertical position
- Change direction of travel while swimming on front or back
- Treading using arm and leg actions, 15 seconds (in shoulder-deep water)
- Combined arm and leg actions on front, 5 body lengths
- Finning arm action on back, 5 body lengths
- Combined arm and leg actions on back, 5 body lengths

Safety Topics

- Staying safe around aquatic environments
- Don't just pack it, wear your jacket (demonstrate)
- Recognizing an emergency
- How to call for help (demonstrate)
- Too much sun is no fun
- Look before you leap
- Think so you don't sink
- Reach or throw, don't go (demonstrate)

Exit Skills Assessment

- Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
- Move into a back float for 5 seconds, roll to front then recover to a vertical position.
- Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths. (You can assist the child when taking a breath.)

Learn to Swim - Level I Skills

*** All skills are demonstrated independently unless noted.

** *Each Skill must be demonstrated in order to pass the class.*

** *Each Exit Skill must be performed continuously (without stopping) in order to pass the class.*

- Enter water using ladder, steps or side
- Exit water using ladder, steps or side
- Blowing bubbles through mouth and nose, 3 seconds
- Bobbing, 3 times (with support)
- Opening eyes under water and retrieving submerged objects, 2 times (in shallow water)
- Front glide, 2 body lengths (with support)
- Recover from a front glide to a vertical position (with support)
- Back glide, 2 body lengths (with support)
- Back float, 3 seconds (with assistance)
- Recover from a back float or glide to a vertical position (with support)
- Roll from front to back (with support)
- Roll from back to front (with support)
- Treading using arm and hand actions (explore in chest-deep water)

****The following skills are demonstrated with support*

- Alternating leg action on front, 2 body lengths
- Simultaneous leg action on front, 2 body lengths
- Alternating arm action on front, 2 body lengths
- Simultaneous arm action on front, 2 body lengths
- Combined arm and leg actions on front, 2 body lengths
- Alternating leg action on back, 2 body lengths
- Simultaneous leg action on back, 2 body lengths
- Alternating arm action on back, 2 body lengths
- Simultaneous arm action on back, 2 body lengths
- Combined arm and leg actions on back, 2 body lengths

Safety Topics

- Staying safe around aquatic environments
- Recognizing the lifeguards
- Don't just pack it, wear your jacket (demonstrate)
- Recognizing an emergency
- How to call for help (demonstrate)
- Too much sun is no fun

Exit Skills Assessment

- Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water. (Participants can walk, move along the gutter or "swim.")
- Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.)

Learn to Swim - Level 2 Skills

*** All skills are demonstrated independently unless noted.

** *Each Skill must be demonstrated in order to pass the class.*

** *Each Exit Skill must be performed continuously (without stopping) in order to pass the class.*

- Enter water by stepping or jumping from the side (in shoulder-deep water)
- Exit water using ladder, steps or side (in chest-deep water)
- Fully submerging and holding breath, 5 seconds
- Bobbing, 5 times (in chest-deep water)
- Opening eyes under water and retrieving submerged objects, 2 times (in chest-deep water)
- Front float, 5 seconds
- Jellyfish float, 5 seconds
- Tuck float, 5 seconds
- Front glide, 2 body lengths
- Recover from a front float or glide to a vertical position (chest-deep water)
- Back float, 15 seconds
- Back glide, 2 body lengths
- Recover from a back float or glide to a vertical position
- Roll from front to back
- Roll from back to front
- Change direction of travel while swimming on front or back
- Treading using arm and leg actions, 15 seconds (in shoulder-deep water)
- Combined arm and leg actions on front, 5 body lengths
- Finning arm action on back, 5 body lengths
- Combined arm and leg actions on back, 5 body lengths

Safety Topics

- Staying safe around aquatic environments
- Don't just pack it, wear your jacket (demonstrate)
- Recognizing an emergency
- How to call for help (demonstrate)
- Too much sun is no fun
- Look before you leap
- Think so you don't sink
- Reach or throw, don't go (demonstrate)

Exit Skills Assessment

- Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to vertical position.
- Move into a back float for 5 seconds, roll to front then recover to a vertical position.
- Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths. (You can assist the participant when taking a breath.)

Learn to Swim - Level 3 Skills

***** *Most skills are demonstrated in deep water.***

**** *Each Skill must be demonstrated in order to pass the class.***

**** *Each Exit Skill must be performed continuously (without stopping) in order to pass the class.***

- Enter water by jumping from the side (in deep water)
- Headfirst entry from the side in a sitting position (in water at least 9-feet deep)
- Headfirst entry from the side in a kneeling position (in water at least 9-feet deep)
- Bobbing while moving toward safety, 5 times (chest-deep water)
- Rotary breathing, 10 times
- Survival float on front, 30 seconds (in deep water)
- Back float, 30 seconds (in deep water)
- Change from vertical to horizontal position on front (in deep water)
- Change from vertical to horizontal position on back (in deep water)
- Tread water, 30 seconds (in deep water)
- Push off in a streamlined position on front then begin flutter kicking, 3–5 body lengths
- Push off in a streamlined position on front then begin dolphin kicking, 3–5 body lengths
- Front crawl, 15 yards
- Elementary backstroke, 15 yards
- Scissors kick, 10 yards

Safety Topics

- Reach or throw, don't go (demonstrate)
- Think twice before going near cold water or ice (demonstrate)
- Look before you leap (demonstrate)

Exit Skills Assessment

- Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

Learn to Swim - Level 4 Skills

**** *Each Skill must be demonstrated in order to pass the class.***

**** *Each Exit Skill must be performed continuously (without stopping) in order to pass the class.***

- Headfirst entry from the side in a compact position (in water at least 9-feet deep)
- Headfirst entry from the side in a stride position (in water at least 9-feet deep)
- Swim under water, 3–5 body lengths
- Feet-first surface dive, submerging completely
- Survival swimming, 30 seconds (in deep water)
- Front crawl open turn
- Backstroke open turn
- Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary), 2 minutes
- Front crawl, 25 yards
- Breaststroke, 15 yards
- Butterfly, 15 yards
- Push off in a streamlined position on back and begin flutter kicking, 3–5 body lengths
- Push off in a streamlined position on back and begin dolphin kicking, 3–5 body lengths
- Elementary backstroke, 25 yards
- Back crawl, 15 yards
- Sidestroke, 15 yards

Safety Topics

- Reach or throw, don't go (reaching assist, throwing assist) – demonstrate both skills
- Recreational water illnesses
- Think so you don't sink (demonstrate)
- Look before you leap

Exit Skills Assessment

- Perform a feet-first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
- Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

Learn to Swim - Level 5 Skills

**** Each Skill must be demonstrated in order to pass the class.**

**** Each Exit Skill must be performed continuously (without stopping) in order to pass the class.**

- Shallow-angle dive from the side (in water at least 9-feet deep)
- Shallow-angle dive, glide 2 body lengths and begin any front stroke (in water at least 9-feet deep)
- Tuck surface dive, submerging completely
- Pike surface dive, submerging completely
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Tread water, 5 minutes
- Front crawl, 50 yards
- Breaststroke, 25 yards
- Butterfly, 25 yards
- Elementary backstroke, 50 yards
- Back crawl, 25 yards
- Standard scull, 30 seconds
- Sidestroke, 25 yards

Safety Topics

- How to call for help and the importance of knowing first aid and CPR (demonstrate)
- Recreational water illnesses
- Reach or throw, don't go (demonstrate)
- Look before you leap (demonstrate)
- Think so you don't sink
- Think twice before going near cold water or ice (demonstrate)
- Wave, tide or ride, follow the guide

Exit Skills Assessment

- Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards.
- Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.

Learn to Swim - Level 6 Skills (Fitness Swimmer)

**** Each Skill must be demonstrated in order to pass the class.**

**** Each Exit Skill must be performed continuously (without stopping) in order to pass the class.**

- Front crawl, 100 yards
- Elementary backstroke, 100 yards
- Back crawl, 50 yards
- Breaststroke, 50 yards
- Sidestroke, 50 yards
- Butterfly, 50 yards
- Front crawl open turn while swimming
- Backstroke open turn while swimming
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Sidestroke turn while swimming
- Butterfly turn while swimming
- Breaststroke turn while swimming
- Circle swimming
- Using a pace clock
- Using a pull buoy while swimming, 25 yards
- Using fins while swimming, 25 yards
- Using paddles while swimming, 25 yards
- Describe the principles of setting up an exercise program
- Demonstrate various training techniques
- Calculate target heart rate
- Aquatic exercise

Exit Skills Assessment

- Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
- Perform the Cooper 12-minute swim test, and compare results with the pre-assessment results.

Learn to Swim - Level 6 (Fundamentals of Diving)

**** Each Skill must be demonstrated in order to pass the class.**

**** Each Exit Skill must be performed continuously (without stopping) in order to pass the class.**

- Basic stretching exercises for diving
- Body alignment and control
- Surface dive
- Dive from kneeling position from poolside
- Forward dive fall-in from poolside
- Standing dive from poolside
- Dive from kneeling position from diving board
- Forward dive fall-in from diving board
- Standing dive from diving board
- One-part takeoff on deck
- Two-part takeoff on deck
- One-part takeoff from poolside
- One-part takeoff from diving board
- Two-part takeoff from diving board
- Tuck position
- Forward jump, tuck position with one-part takeoff from poolside
- Forward jump, tuck position with one-part takeoff from diving board
- Forward jump, tuck position with two-part takeoff from diving board
- Forward dive, tuck position with one-part takeoff from poolside
- Forward dive, tuck position with one-part takeoff from diving board
- Forward dive, tuck position with two-part takeoff from diving board
- Pike position
- Forward jump, pike position with one-part takeoff from diving board
- Forward jump, pike position with two-part takeoff from diving board
- Forward dive, pike position with one-part takeoff from diving board
- Forward dive, pike position with two-part takeoff from diving board

Safety Topics

- Look Before You Leap

Exit Skills Assessment

- Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
- Perform a two-part takeoff with a feet-first entry from a 1-meter diving board.
- Perform a two-part takeoff with a head-first entry from a 1-meter diving board.

Learn to Swim - Level 6 Skills (Personal Safety)

**** Each Skill must be demonstrated in order to pass the class.**

**** Each Exit Skill must be performed continuously (without stopping) in order to pass the class.**

- HELP position, 2 minutes (in deep water)
- Huddle position, 2 minutes (in deep water)
- Feet-first surface dive (in water at least 7-feet deep)
- Tuck surface dive (in water at least 7-feet deep)
- Pike surface dive (in water at least 7-feet deep)
- Back float, 5 minutes (in deep water)
- Survival float, 5 minutes (in deep water)
- Survival swimming, 10 minutes
- Treading water, kicking only, 2 minutes (in deep water)
- Surface dive and retrieve an object from the bottom (in water at least 7–10 feet deep)

Safety Topics

- Think So You Don't Sink
- Swim with a Buddy in a Supervised Area
- Learn About Boating Before You
- Go Floating

Exit Skills Assessment

- Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
- Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.
- Perform a feet-first surface dive, retrieve an object from the bottom of the pool at a depth of 7–10 feet, return to surface and return to starting point.