

New Swim Lesson Level Guideline Information

Commonly Asked Questions:

Which level is right for my child? Choose the Learn to Swim level that best matches your child's "learn to swim" needs. Level 1 is for beginners with little or no experience in the water. To enroll in levels 2-6, students must have successfully completed the previous level, including all exit skill requirements.

My child completed a level from the "old" program, how will I know what new swim level to enroll him/her into for the next lesson registration? Each new Learn-to-Swim level will introduce new skills at each level while strengthening and enhancing current skills; therefore it is strongly recommended to repeat the same level "number" as the "old" program. For example, if a child took and passed "Level 2 Primary Skills", then the recommendation is to enroll into the new "Level 2 Fundamental Aquatic Skills". If you passed the "old" level 6 or 7, then enroll into the "new" level 6. You can also use the Learn-to-Swim skills list below to help you determine the appropriate level.

PLEASE NOTE: ALL CHILDREN WILL BE ASSESSED ON THE FIRST DAY OF CLASS AND AND MAY BE MOVED TO A DIFFERENT LEVEL AND TIME.

Learn-to-Swim

The American Red Cross offers six comprehensive course levels that teach you, your child or other family member how to swim skillfully and safely. 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 a swimmer in distress, in addition to the skills outlined below:

Baby and Me (Age 12 months to 2 years with parent)

The class builds swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.

Toddler and Me (Age 2 years – 3 years with parent)

The class builds swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.

Level 1_Introduction to Water Skills (Must be age 4 by the first day of class)

Purpose: Helps students feel comfortable in the water. Learn-to-Swim Level 1 participants receive a Raffy Learns to Swim fullcolor booklet that reinforces learning and provides parents with additional information about their child's progress. 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 Float on front and back Explore arm and hand movements
Swim on front and back using arm and leg actions Follow basic water safety rules Use a life jacket

Level 1 Exit Skills Assessment: 1) Enter unassisted, move 5 yds, bob 5 times to chin level, safely exit water; 2) Float on front w/support for 3 seconds, assisted roll to back, assisted float on back for at least 3 seconds.

Level 2_Fundamental Aquatic Skills (Must have completed Kindergarten)

Purpose: Gives students success with fundamental skills. Learn-to-Swim Level 2 participants receive a Raffy Learns to Swim fullcolor booklet that reinforces learning and provides parents with additional information about their child's progress. Level 2 participants learn to:

Enter water by stepping or jumping from the side Exit water safely using ladder or side Submerge entire head
Open eyes underwater, pick up a submerged object Float on front and back Perform front and back glide
Roll over from front to back, back to front Swim on side
Swim on front and back using combined strokes Tread water using arm and leg motions
Move in the water while wearing a life jacket

Level 2 Exit Skills Assessment: 1) Without assistance, step from side into chest-deep water, move into front float for 5 seconds, roll over to a back float, return standing position, then move to back float for 5 seconds and return to a standing position; 2) Push off & swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.

Level 3_Stroke Development (Must have successfully completed level 2)

Purpose: Builds on the skills in Level 2 through additional guided practice. Learn-to-Swim Level 3 participants receive a Waddles in the Deep full-color booklet that reinforces class instruction to help swimmers develop confidence in their strokes and improve other aquatic skills. Level 3 participants learn to:

Jump into deep water from the side Dive from kneeling or standing position Submerge and retrieve an object
Bob with the head fully submerged Use rotary breathing in horizontal position Perform front and back glide
Perform survival float Perform front and back crawl Butterfly—kick and body motion
Perform the HELP and Huddle position Perform a reaching assist Use Check-Call-Care in an emergency
Change from horizontal to vertical position on front and back

Level 3 Exit Skills Assessment: 1) Jump into chest-deep water from the side, swim front crawl for 15 yards w/face in the water breathing (to front to side), maintain position by treading or floating for 30 seconds, back crawl for 15 yards.

Level 4_Stroke Improvement (Must have successfully completed level 3)

Purpose: Develops confidence in the skills learned and improves other aquatic skills. Learn-to-Swim Level 4 participants receive a Waddles in the Deep full-color booklet that reinforces class instruction to help swimmers develop confidence in their strokes and improve other aquatic skills. Level 4 participants learn to:

Perform shallow dive or dive from stride position Swim underwater Perform feet-first surface dive
Perform open turns on front and back using any stroke Tread water using sculling arm motions and kick
Perform the following:

- Front and back crawl • Breaststroke • Butterfly
- Elementary backstroke • Swim on side using scissors-like kick

Use safe diving rules Perform compact jump into water from a height while wearing a life jacket
Perform a throwing assist Care for conscious choking victim

Level 4 Exit Skills Assessment: 1) Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards. 2) Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

Level 5_Stroke Refinement (Must have successfully completed level 4)

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

Tread water with two different kicks Learn survival swimming Perform rescue breathing
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

Level 5 Exit Skills Assessment: 1) Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull), and swim elementary backstroke for 25 yards: 2) Swim backstroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

Level 6_Swimming and Skill Proficiency (Must have successfully completed level 5 and must have completed grade 6)

Purpose: Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed to help focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard Training courses.

Our course will focus on Personal Water Safety, Lifeguard Readiness and the Fitness Swimmer. Level 6 will include the following endurance skills and turns: Front and back crawl 100 yards; Breaststroke 50 yards; sidestroke and butterfly 50 yards; elementary backstroke 50 yards; all open turns and flip turn while using swimming strokes.

Level 6 Exit Skills Assessment: For each option, a specific set of exit skill assessments are given, but all will require a continuous, 500 yard swim.

Fun in the Sun

This level is for students that have successfully completed level 5, but are not signing up for level 6 and want to build or maintain aquatic endurance.