



## Swim Lessons Level Descriptions

### Parent & Child Instruction

Ages 6 months-5 years

Instructor Ratio 1:10

Minimum of 3 children per class

#### Parent/Child Level A

Parent/Child Level A is a program for parents and children. Level A is for children who are 6 months to 2 years old and have either no water experience or one previous session of water adjustment lessons.

**Skills:** Getting wet with toys, getting wet kicking, enter water by lifting in, enter water by walking in, in water exploration, out of 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 and back float, front and back glide, roll from front to back and back to front, passing from instructor to parent, leg action on front and back, safety topics.

#### Parent/Child Level B

Parent/Child Level B is a program for parents and children. Level B is for children who:

- Are 2 to 4 years old and have had two or more previous sessions of water adjustment lessons, submerge only reluctantly (or not at all) or require floatation support at all times.
- Are up to 5 years old and have little or no previous experience in water adjustment lessons, are reluctant to enter the water or submerge, requires floatation support at all times or may benefit from parental presence and support in the water.

**Skills:** Enter water in seated position, enter water in seated position by rolling over and sliding in, enter water by stepping or jumping in, enter water by using ladder, steps, or side of pool, exit water using ladder or side of pool, open eyes and retrieving objects below the surface, open eyes and retrieving submerged objects, bobbing, front and back float, front and back glide, roll from front to back and back to front, passing between adults, leg action on front and back, arm action on front and back, combined arm and leg actions, safety topics.

## **Pre-School Instruction**

Ages 3-5

Instructor Ratio 1:5

Minimum of 3 children per class

### **Skippers 1**

Prerequisites: Age 3

The objective of Skippers 1 is to focus on water adjustment, safety and basic swimming skills.

**Skills:** Enter water using ladder, steps, or side, exit water using ladder, steps, or sides, blowing bubbles through mouth and nose for three seconds, submerging mouth, nose and eyes, front and back glides, recover to a vertical position, roll from front to back and back to front, treading with arm and hand actions, alternating leg actions on front and back, simultaneous leg actions on front and back, combined arm and leg actions on front and back, safety topics. All skills can be performed with support.

### **Skippers 2**

Prerequisites: Passed Skippers 1

The objective of Skippers 2 is to start to develop fundamental skills.

**Skills:** Enter water by stepping in, exit water using ladder, steps, or side, bobbing three times, open eyes under water and retrieve an object, front and back float, front and back glides, roll from front to back and back to front, tread water using arm and leg actions for five seconds, combined arm and leg actions on front and back, finning arm actions, safety topics. All skills can be performed with assistance.

### **Skippers 3**

Prerequisites: Passed Skippers 2

The objective of Skippers 3 is to begin stroke development.

**Skills:** Enter water by jumping in, fully submerging and holding breath for five seconds, bobbing five times, front and back float, jelly fish float, tuck float, recover to vertical position, change direction while swimming, treading using arm and leg actions, combined arm and leg actions on front and back, finning arm actions, safety topics. All skills must be done independently.

# School Age Program

American Red Cross- "Learn to Swim" Levels

Ages 5-14

Instructor Ratio 1:8

Minimum of 3 children per class

## Level 1- Introduction to Water Skills

There are no prerequisites for this course. The objective of Level 1 is to help students feel comfortable in the water and to enjoy to the water safely.

**Skills:** Enter water using ladder, steps or side, exit water using ladder, steps or side, blow bubbles through mouth and nose, floating on front and back for three seconds, open eyes underwater and pick up a submerged object, front and back glides, treading using arm and hand actions, roll from front to back and back to front, explore arm and hand movements, swim on front and back using arm and leg actions, water safety rules.

## Level 2- Fundamental Aquatic Skills

Prerequisites: Passed Level 1, or be able to perform a front float with face in water, back float, and swim on front and back using arm and leg actions.

The objective of Level 2 is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. Students explore simultaneous and alternating arm and leg actions.

**Skills:** Enter water by stepping or jumping from the side, exit water from ladder, steps or side safely, fully submerging and hold breath for five seconds, bobbing, open eyes under water and pick up submerged object, perform front and back glide, roll over from front to back, back to front, tread water using arm and leg actions, floating on front and back without support, jellyfish float, tuck float, roll from front to back and back to front, swim on front and back using combined arm and leg actions, treading using arm and leg actions, swim on side, self-help and basic water rescue skills.

## Level 3- Stroke Development

Prerequisites: Passed Level 2, or can float on front and back, swim 15 yards on front and back, swim 15 yards using front and back crawls, using kick and alternating arm movement, and can perform rhythmic breathing.

The objective of Level 3 is to build on the skills in Level 2 by providing additional guided practice.

**Skills:** Jump into deep water from side, dive from sitting and kneeling position, submerge and retrieve an object, bob while moving forward, use rotary breathing ten times, front and back glides with kicks, survival float, back float, change from horizontal to vertical on front and back, butterfly kick and body motion, treading water, streamlined positions, front crawl, elementary backstroke, scissors kicks, safety skills.

## Level 4- Stroke Improvement

Prerequisites: Passed Level 3, or can swim 15 yards of coordinated front and back crawls using kick and alternating arm movement, perform rhythmic breathing and can jump into deep water.

The objective of Level 4 is to develop confidence in the strokes learned and to improve other aquatic skills.

**Skills:** Swim underwater, perform feet first surface dive, survival swimming, open turns on front and back using any stroke, tread water using two different kicks, perform front crawl, breaststroke, butterfly, back crawl, elementary backstroke, sidestroke, streamlined position, head first entry from a compact and stride position, use safe diving rules, perform compact jump with lifejacket, perform throwing and reaching assist, safety rules.

## Level 5- Stroke Refinement

Prerequisites: Passed Level 4, or can swim 25 yards back crawl and front crawl, 10 yards elementary backstroke, breaststroke kick and sidestroke kick, standing dive into pool and deep water bobbing.

The objective of Level 5 is coordination and refinement of strokes.

**Skills:** Tread water, shallow dive, sculling, survival swimming, perform rescue breathing, standing dives, pike surface dive, tuck surface dive, front flip turn, backstroke flip turn, refining and developing endurance for front crawl, breaststroke, butterfly, back crawl, elementary backstroke, develop sidestroke.

## Level 6- Swimming and Skill Proficiency – Fitness Swimmer

Prerequisites: Passed Level 5, or can swim 25 yards breaststroke, elementary backstroke and sidestroke, 50 yards front and back crawls. Can do 15 yards butterfly, perform stride jump, open turns, and 2 minutes treading water.

The objective of Level 6 Fitness swimmer is to refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances.

**Skills:** open turns, flip turns, circle swimming, using a pace clock, using pull bouys and fins. Swim 500 yard continuously, participate in the 12 cooper swim test.