



LEARN-TO-SWIM LEVEL 1
INTRODUCTION TO
WATER SKILLS

Here's a list of all the skills you completed in Level 1 of the **American Red Cross** Learn to Swim program.

Core Skills

1. Enter water using steps or side
2. Exit water using ladder, steps, or side
3. Blow bubbles—3 seconds
4. Bob—5 times
5. Open eyes underwater and retrieve submerged objects in shallow water, 2 times
6. Front float—5 seconds—and recover to a vertical position
7. Front glide—2 body lengths—and recover to a vertical position
8. Back float— 5 seconds—and recover to a vertical position
9. Back glide—2 body lengths—and recover to a vertical position
10. Roll from front to back
11. Roll from back to front
12. Arm and hand treading actions in chest-deep water
13. Front glide with flutter kick—2 body lengths
14. Front crawl stroke arms—2 body lengths
15. Front crawl stroke arms and legs—2 body lengths
16. Back glide with flutter kick—2 body lengths
17. Back crawl arms—2 body lengths
18. Elementary backstroke arms—2 body lengths

Safety Topics

19. Staying safe around water
20. Recognizing the lifeguards
21. Don't Just Pack It, Wear Your Jacket
22. Recognizing an emergency
23. How to call for help
24. Too Much Sun Is No Fun

Exit Skills Assessment

25. Jump into shallow water, front glide with a kick 2 body lengths, and bob 5 times
26. Front glide 2 body lengths, roll to a back float for 5 seconds, and recover to a vertical position



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