

American Red Cross Swimming and Water Safety Courses – New January 2010

Parent and Child Aquatics

Developed for children 6 months to 3 years of age. Parents and children participate in guided practice sessions that help children learn the elementary skills. Once the child can perform basic skills without parent assistance, and are 4 years of age they will progress to the Preschool Program.

Level 1 - Introduces the basic skills including safety topics for parents and children

Level 2 - Builds on the skills introduced in Level 1, with participants improving these skills and learning more advanced skills.

Preschool Aquatics

For children ages 4 and 5 years old. (3 year olds must have completed the Parent and Child Aquatics program and have instructor approval)

Three fun age appropriate levels teach basic aquatics safety and survival skills to increase children's comfort level in and around the water.

Preschool Level 1—Orients children to the aquatic environment and helps them gain basic aquatic skills.

Preschool Level 2—Helps children gain greater independence in their skills and develop more comfort in and around the water.

Preschool Level 3—Helps children start to gain basic swimming propulsive skills to be comfortable in and around the water.

Learn To Swim (Participants ages 6 to 14)

Level 1: Introduction to Water Skills

Level 1 is for students age 6 thru 14. This class helps participants feel comfortable in the water.

Level 2: Fundamental Aquatics Skills

This level focuses on students' success with fundamental skills. Students learn to float without support and recover to a vertical position independently. Students explore arm and leg movements for beginning locomotion skills.

Level 3: Stroke Development

Students build on skills with practice in deeper water. Learn to rotary breathing for front crawl and elementary backstroke. They learn the flutter, dolphin and scissors kicks along with treading water.

Level 4: Stroke Improvement

Student skills for front and back crawl are improved upon. Endurance in these strokes is developed. Students continue adding skills to learn the elementary backstroke, breaststroke, sidestroke, and butterfly. The basics of turning at the wall are taught in this level.

Level 5: Stroke Refinement

Participants refine their performance of the strokes. Endurance is enhanced to increase distances of each stroke swum. Flip turns and speed turns are taught appropriately.

Level 6: Swimming and Skill Proficiency

Students work on refinement of strokes and coordination. Students can swim with more ease, efficiency, power and smoothness over greater distances. The students have a choice of additional material they would like to learn:

- Fitness Swimmer
- Personal Water Safety