

American Red Cross Swim Lessons

Parent and Child Aquatics (Ages 6 months to 3 years old)

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 (Ages 4 & 5 years old)

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. *Prerequisite: Passing Preschool 1*
- **Preschool Level 3:** Helps children start to gain basic swimming propulsive skills to be comfortable in and around the water. *Perquisite: Passing Preschool 2*

Learn to Swim Aquatics (Ages 6-14 years old)

Prerequisite for each level is passing the previous level, exception is Level 1.

- **Level 1:** Introduction to Water Skills: Students will learn how to feel comfortable in the water and safely enjoy it.
- **Level 2:** Fundamentals of Aquatic Skills: Children will learn basic swimming skills.
- **Level 3:** Stroke Development: Additional guided practice will help students improve their skills.
- **Level 4:** Stroke Improvement: Kids will gain confidence during swim lessons, improve their stroke and gain additional aquatic skills.
- **Level 5:** Stroke Refinement: Guidance allows kids to refine their strokes and become more efficient swimmers.
- **Level 6:** Swimming and Skill Proficiency: Students will learn to swim with ease and efficiency, and gain the ability to swim smoothly over greater distances. Swimmers will also have the option to participate in more advanced courses.

