American Red Cross Swim Lessons

Parent & Child Instruction

Ages 6 months-36 months
Instructor Ratio 1:10
Minimum of 3 children per class

Parent/Child

Parent/Child is a program for parents and children where children have in water and out of water exploration.

Skills:

Getting wet with toys, getting wet kicking,
Enter water by lifting in, walking in, rolling over and sliding in, stepping or jumping in, using ladder or steps.
Exit water by lifting out, walking out, using ladder, steps or side of pool.
Underwater exploration-Blowing bubbles on the surface or with mouth and nose submerged, submerge face.
Front and back float, front and back glide
Roll from front to back and back to front
Passing from instructor to parent
Leg or leg/arm action on front and back
Safety topics

Pre-School Instruction

Ages 3-5
Instructor Ratio 1:6
Minimum of 3 children per class

Preschool 1

Prerequisites: Age 3, *The objective of Skippers 1 is to focus on water adjustment, safety and basic swimming skills.*

Skills:

Enter and exit water using ladder, steps, or side of the pool
Blowing bubbles through mouth and nose for three seconds
Submerging mouth, nose and eyes
Front and back glides
Recover to a vertical position from a back and front float
Roll from front to back and back to front
Treading with arm and hand actions
Alternating leg actions on front and back (flutter kick)
Simultaneous leg actions on front and back (frog kick)
Combined arm and leg actions on front and back (using arms and legs at the same time)
All skills can be performed with support

Preschool 2

Prerequisites: Passed Skippers 1, *The objective of Skippers 2 is to start to develop fundamental skills.* Please see above skills in Skippers 1 before deciding on this level.

Skills:

Enter water by stepping in
Exit water using ladder, steps, or side
Bobbing three times (whole head under water)
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 (using arms and legs at the same time)
Finning arm actions
All skills can be performed with assistance.

Preschool 3
Prerequisites: Passed Skippers 2
The objective of Skippers 3 is to begin stroke development. Please see above skills in Skippers 2 before deciding on this level.

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 from floats
Change direction while swimming
Treading using arm and leg action
Combined arm and leg actions on front and back
Finning arm actions
All skills must be done independently.

School Age Program

Ages 6-14
Instructor Ratio 1:8/10
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 are 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

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.

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.

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.

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*

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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.*