



Learn-to-Swim

Based on a logical, six level progression that helps swimmers develop their water safety, survival and swimming skills. It is designed to give participants a positive learning experience.

LEVEL 1: INTRODUCTION TO WATER SKILLS

Helps participants feel comfortable in the water

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water & retrieve submerged object
- Front & back glides & back float
- Recover to vertical position from a front glide & back float or glide
- Combined arm and leg actions on front and back
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Staying safe around aquatic environments
- Recognizing the lifeguards
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Gives participants success with fundamental skills

- Enter water by stepping or jumping from the side
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water & retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and back float
- Finning arm action on back
- Recover from a front and back float or glide to a vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm & leg actions on front & back
- Staying safe around aquatic environments
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun
- Look before you leap
- Think so you don't sink
- Reach or throw, don't go

LEVEL 3: STROKE DEVELOPMENT

Builds on the skills in Level 2 through additional guided practice in deeper waters

- Enter water by jumping from the side
- Headfirst entry from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Push off in a streamlined position then begin flutter and dolphin kicks on front
- Tread water
- Front crawl and elementary backstroke
- Scissors kick
- Reach or throw, don't go
- Look before you leap
- Think twice before going near cold water or ice

LEVEL 4: STROKE IMPROVEMENT

Develops confidence in the skills learned and improves other aquatic skills

- Headfirst entry from the side in compact and stride positions
- Swim under water
- Feet first surface dive
- Survival swimming
- Front crawl and back stroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Push off in a streamlined position then begin flutter and dolphin kicks on back
- Reach or throw, don't go
- Recreational water illnesses
- Think so you don't sink
- Look before you leap

LEVEL 5: STROKE REFINEMENT

Provides further coordination and refinement of strokes

- Shallow-angle dive from the side
- Shallow-angle dive from the side then glide and begin on a front stroke
- Tuck and pike surface dives
- Front flip turn and backstroke flip while swimming
- Tread water
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Standard scull
- How to call for help and the importance of knowing first aid and CPR
- Recreational water illnesses
- Reach or throw, don't go
- Look before you leap
- Think so you don't sink
- Wave, tide or ride, follow the guide
- Think twice before going near cold water or ice

LEVEL 6: SWIMMING AND SKILL PROFICIENCY

Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances

- Level 6 is designed with "menu" options that focus on preparing participants for lifetime fitness and safety, as well as more advanced courses, such as Water Safety Instructor course, or other aquatic activities, including competitive swimming or diving. Options include:
- Personal Water Safety
 - Fitness Swimmer
 - Fundamentals of Diving

The American Red Cross offers a comprehensive, developmentally appropriate swimming and water safety program that teaches you, your child or other family members how to swim skillfully and safely, and think and act safely in, on and around the water. The prerequisite for each level is the successful demonstration of skills from the preceding level, except for Level 1, which has no prerequisites.