

In Order to be in this Level Your Child must be Able to...

Parent and Child Aquatics Level 1

Age Requirement: 6 months-3 years

Parent and Child Level 1 familiarizes young children to the water and prepares them to learn how to swim. This level does not teach children to become good swimmers or to survive in the water on their own. There is no pre-requisite for this level other than age. Parent and Child Aquatics gives parents information and teaches techniques to help orient their children in the water. Once infants or young children are able to comfortably perform skills in Level 1, they progress to Level 2. Both parent and child must be able to get in the water.

Parent and Child Aquatics Level 2

Age Requirement: 6 months-3 years old

Child must pass Parent and Child Level 1 to be able to enroll in this Level. Level 2 builds on the skills learned in Level 1.

Child should be able to:

- Get into the water
- Blow bubbles
- Submerge underwater
- Perform front float/glide
- Perform back float/glide
- Leg action on front and back, supported by parent

Preschool Aquatics Level 1

Age Requirement: 3-5 years old

Participation should not be determined by age alone. When determining if Preschool Aquatics is appropriate for a child, consider their developmental readiness, maturity, and experience in the water. For some preschool children, Parent and Child Aquatics may still be appropriate. At this first level, children start developing good attitudes and safe practices around the water. Children should be comfortable in the water without the assistance of a parent.



Preschool Aquatics Level 2

Age Requirement: 3-5 years old

Child must pass Preschool Aquatics Level 1 to enroll in this level. The objectives of this level are to build on the basic aquatic skills learned in Preschool Level 1 and to give children further success with aquatic skills performed to a slightly more advanced degree than at level 1. They must also be able to complete these assisted skills:

- Enter/exit water
- Blowing bubbles
- Submerging mouth, nose, and eyes
- Front float/glide and recovery
- Back float/glide and recovery
- Rolling from front to back and back to front
- Front crawl arm action
- Breaststroke arm action
- Backstroke arm action
- Elementary backstroke arm action
- Front crawl leg action
- Breaststroke leg action
- Backstroke leg action
- Elementary backstroke leg action
- Combined arm and leg actions on front
- Combined arm and leg actions on back
- Exploring water treading actions with arms and legs

Preschool Aquatics Level 3

Age Requirement: 3-5 years old

Child must pass Preschool Aquatics Level 2 to enroll in this level. They must also be able to complete these assisted exit skills:

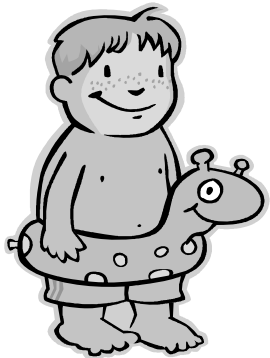
- Enter/exit water unassisted
- Blowing bubbles and bobbing
- Submerging mouth, nose, and eyes
- Front float/glide and recovery
- Back float/glide and recovery
- Rolling from front to back and back to front
- Front crawl arm action
- Breaststroke arm action
- Backstroke arm action
- Elementary backstroke arm action
- Front crawl leg action
- Breaststroke leg action
- Backstroke leg action
- Elementary backstroke leg action
- Combined arm and leg actions on front
- Combined arm and leg actions on back
- Demonstrates treading water (5 sec)

Learn-to-Swim Level 1

Age Requirement: 6-14 years old

Level 1 teaches children basic personal water safety information and skills to help them feel comfortable and enjoy the water safely. Level 1 is the first level in the Red Cross Learn-to-swim-program. In Level 1 children are expected to be comfortable in the water and must do all skills unassisted. Children must be able to complete these skills with support:

- Enter/exit water
- Blowing bubbles through mouth and nose
- Submerging mouth, nose, and eyes
- Front float/glide and recovery
- Back float/glide and recovery
- Rolling from front to back and back to front
- Exploring water treading actions with arms and legs
- Front crawl arm action
- Breaststroke arm action
- Backstroke arm action
- Elementary backstroke arm action
- Front crawl leg action
- Breaststroke leg action
- Backstroke leg action
- Elementary backstroke leg action
- Combined arm and leg actions on front
- Combined arm and leg actions on back
- Finning arm action on back



Learn-to-Swim Level 2

Age Requirement: 6-14 years old

Level 2 takes skills learned in level 1 and builds endurance and strength through repetition. In this level all skills must be done independently. This level marks the beginning of true locomotion skills. To be in Level 2 children, must complete these skills:

- Enter/exit water
- Blowing bubbles through mouth and nose and bobbing
- Front float/glide and recovery
- Back float/glide and recovery
- Rolling from front to back and back to front
- Exploring water treading actions with arms and legs
- Front crawl arm action
- Breaststroke arm action
- Backstroke arm action
- Elementary backstroke arm action
- Front crawl leg action
- Breaststroke leg action
- Backstroke leg action
- Elementary backstroke leg action
- Combined arm and leg actions on front
- Combined arm and leg actions on back

Learn-to-Swim Level 5

Age Requirement: 6-14 years old

Level 5 focuses on coordination and refinement of strokes. Children improve their front crawl, back crawl, elementary backstroke, breaststroke, sidestroke and butterfly skills. Flip turns are introduced.

- Compact and stride jumps
- Swimming underwater
- Feetfirst surface dives
- Survival swimming
- Front crawl and backstroke open turns
- Treading water (2 min) using two different kicks
- Pushing off the wall in a streamlined position on back
- Front crawl
- Elementary backstroke
- Backstroke
- Breaststroke
- Sidestroke
- Butterfly

Learn-to-Swim Level 3

Age Requirement: 6-14 years old

Level 3 teaches children survival float, front crawl, and elementary backstroke. This level also introduces participants to scissors and dolphin kick as well as headfirst entry into the water. Children must be able to do the following skills to be in level 3:

- Enter/exit water and jumping in safely
- Bobbing
- Fully submerging underwater while holding breath
- Front float, jellyfish float, tuck float and front glide with recovery
- Back float/glide and recovery
- Rolling from front to back and back to front
- Treading water (15 sec)
- Combined arm and leg actions on front
- Combined arm and leg actions on back
- Finning arm action on back

Learn-to-Swim Level 6

Age Requirement: 6-14 years old

The objectives of this level are to refine strokes so participants swim them with more ease, efficiency, power and smoothness. Level 6 also introduces other aquatic activities. To be in any of these options students must be able to do the following skills:

- Shallow angle dives
- Tuck and pike surface dives
- Front and back flip turns
- Treading water (5 min)
- Front crawl
- Elementary backstroke
- Backstroke
- Breaststroke
- Sidestroke
- Butterfly
- Sculling on back

Learn-to-Swim Level 4

Age Requirement: 6-14 years old

In Level 4 students improve their skills and increase endurance in front crawl and elementary backstroke. Children start learning back crawl, breaststroke, sidestroke, butterfly, and turns at the wall. Participants must be able to complete the following to be able to be in Level 4:

- Enter/exit water and jumping in safely
- Headfirst entry from sitting and kneeling
- Bobbing while moving to safety
- Rotary (side) breathing
- Survival float
- Back float
- Changing body position from vertical to horizontal, and back
- Treading water (30 sec)
- Pushing off the wall in a streamlined position on front
- Front crawl
- Elementary backstroke
- Scissors kick

