

American Red Cross Swimming and Water Safety Course Levels and Skills

Jenison High School Aquatics Center

(Adapted directly from the American Red Cross website)

Learn-To-Swim

Based on a logical, six-level progression that helps swimmers of all ages and varying abilities develop their swimming and water safety 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 and retrieve submerged objects
- Front and back glides and back float
- Recover to vertical position from a front glide and back float or glide
- 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
- Combined arm and leg 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 and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and back float
- 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 and leg actions on front and back
- Finning arm action on 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
- Tread water
- Push off in a streamlined position then begin flutter and dolphin kicks on front
- Front crawl and elementary backstroke
- Scissors kick
- Reach or throw, don't go
- Think twice before going near cold water or ice
- Look before you leap

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
- Feetfirst surface dive
- Survival swimming
- Front crawl and backstroke 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 a front stroke
- Tuck and pike surface dives
- Front flip turn and backstroke flip turn while swimming
- Tread water

- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Standard scull on back
- 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
- Think twice before going near cold water

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 the Water Safety

Instructor course, or other aquatic activities, including competitive swimming or diving. Options include—

- Personal Water Safety.
- Fitness Swimmer.
- Fundamentals of Diving.