

American Red Cross Swimming and Water Safety Course Levels and Skills

Jenison High School Aquatics Center

(Adapted directly from the American Red Cross website)

Preschool Aquatics

Gives young children about ages 4 and 5 a positive, developmentally appropriate aquatic learning experience that emphasizes water safety and survival concepts. Skills are age-appropriate, helping participants achieve success on a regular basis while in a class environment with their peers.

LEVEL 1 *Helps participants feel comfortable in the water and to enjoy the water safely.*

- Enter and exit water using ladder, steps or side
- Blowing bubbles through mouth and nose
- Submerging mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front glide and recover to a vertical position
- Back float and recover to a vertical position
- Roll from front to back and back to front
- Treading with 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 *Builds on the skills learned in Level 1 and gives participants success with fundamental skills such as floating and basic locomotion.*

- Enter water by stepping in
- Exit water using ladder, steps or side
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back floats and glides
- Recover from a front and back float or glide to a vertical position
- Roll from front to back and back to front
- 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
- 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 3 *Builds on the skills in Level 2 and improves participants' coordination of simultaneous arm and leg actions and alternating arm and leg actions.*

- Enter water by jumping in
- Fully submerging and holding breath
- Bobbing
- Front, jellyfish and tuck floats
- Back float and glide
- Recover from a front and back float or glide to a vertical position
- 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

**Until Jenison has higher enrollment in their preschool aquatics classes, classes will be a combination of Level 1, Level 2, and Level 3 based on the ability of the students enrolled.*