

American Red Cross
Learn to Swim Skills Program

ALL SKILLS MUST BE SUCCESSFULLY COMPLETED IN ORDER TO PROGRESS TO NEXT LEVEL

Level 2- Fundamental Aquatic Skills

- Enter water from side of pool
- Submerge head and retrieve object
- Blow Bubbles
- Bob
- Front Glide and Front Float
- Back Glide and Back Float
- Rolling over (front to back/back to front)
- Changing direction (front to back/back to front)
- Treading water with arm and leg motion
- Front crawl (any combination of arm and leg motion)
- Backstroke (any combination of arm and leg motion)
- Treading water (any arm or leg motion)
- Swim on side (alternating and simultaneous leg motion)
- Safety topics

Level 3- Stroke Development

- Jump into deep water from side of pool
- Kneeling dive
- Rotary Breathing
- Survival floats
- Back float in deep water
- Changing direction in deep water (front to back/back to front)
- Tread water in deep water
- Front glide with 2 kicks
- Front crawl with breathing (15 yards)
- Butterfly kick and body motion (15 yards)
- Back stroke (15yards)
- Elementary backstroke (15 yards)
- Scissor kick
- Safety topics

Level 4 Stroke Improvement

- Dive from side in compact
- Feet first surface dive
- Swim under water
- Survival and back float in deep water
- Open turns (front and back)
- Compact jump wearing a life jacket
- Tread water with 2 kicks (1 minute)
- Front Crawl (25 yards)
- Backstroke (25 yards)
- Breaststroke (15 yards)
- Butterfly (15 yards)
- Sidestroke (15 yards)
- Throwing Assist
- Safety Topics

Level 5 Stroke Refinement

- Shallow dive
- Tuck and pike surface dives
- Flip turns on front and back
- Tread water with 2 different kicks (5 minutes)
- Elementary back stroke (50 yards)
- Backstroke (25 yards)
- Butterfly (25 yards)
- Breaststroke (25 yards)
- Sidestroke (25 yards)
- Sculling (30 seconds)
- Safety Topics

*** ONLY LEVEL 2-5 ARE OFFERED IN THE FALL/WINTER SESSIONS***

Level 6

- Front crawl (100 yards)
- Elementary backstroke (100 yards)
- Sidestroke (50 yards)
- Breaststroke (50 yards)
- Butterfly (50 yards)
- Backstroke (50 yards)
- Open turns and flip turns for corresponding strokes