

American Red Cross Swimming and Water Safety Course Descriptions

American Red Cross Parent and Child Aquatics

Developed for children 6 months to 5 years of age, *American Red Cross Parent and Child Aquatics* builds swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.

American Red Cross Preschool Aquatics

Developed for children 3 to 5 years of age, *American Red Cross Parent and Child Aquatics* is designed to give young children a positive, developmentally appropriate aquatic learning experience while building basic skills to begin learning rudimentary propulsive swimming movements.

Preschool Aquatics Level 1

Purpose: The objectives of level 1 are to learn the most elementary aquatic skills, which children continue to build on as they progress through the Preschool Aquatics and Learn-to-Swim levels. At this first level, children start developing good attitudes and safe practices around water. Preschool Aquatics Level 1 participants learn to—

- Enter and exit water using ladder, steps of slide.
- Blow bubbles through mouth and nose.
- Open eyes underwater.
- Explore floating on front and back with support.
- Explore swimming on front and back using arm and leg actions with support.
- Water Safety.

Preschool Aquatics Level 2

Purpose: The objectives of this level are to build on the basic aquatic skills learned in Level 1 and give children further success with fundamental aquatic skills performed to a slightly more advanced degree than at Level 1. Most skills in this level are performed with assistance. This level marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain more proficiency for future strokes. Level 2 also adds to the self-help and basic rescue skills introduced in Level 1.

Preschool Aquatics Level 2 participants learn to—

- Enter and exit water safely.
- Bobbing with breath control.
- Open eyes underwater and retrieve submerged objects.
- Float on front and back with support and glide to a vertical position.
- Roll over from front to back and back to front with support.
- Treading water using arm and leg actions with support.
- Swim on front and back with support.
- Demonstrate water safety.

Preschool Aquatics Level 3

Purpose: The objective of Level 3 is to build on the skills learned in levels 1 and 2 by providing additional guided practice of basic aquatic skills at slightly more proficient performance levels and greater distances and times. Skills in this level are performed independently. Children learn to improve coordination and combined simultaneous arm and leg actions and alternating arm and leg actions. As in all levels, children learn additional safety skills and improve comprehension of previous knowledge. Preschool Aquatics Level 3 participants learn to—

- Enter and exit water safely.
- Jump into water.
- Bobbing with breath control.
- Fully submerging and holding breath.
- Float in a face-down position independently.
- Float in a face-up position independently.
- Independently change direction of travel swimming on front or back.
- Roll over from front to back and back to front with support.
- Treading water independently using arm and leg actions.
- Independently swim on front and back.
- Demonstrate enhanced water safety.

American Red Cross Learn-to-Swim

Our Learn-to-Swim offers something for everybody. A unique six-level instructional approach is unlike anything offered by other aquatic training programs. Plus our instructors are trained and certified by the American Red Cross, so swimmers of all ages and abilities are in good hands.

The prerequisite for each level is the successful demonstration of the skills from the preceding level, except for Level 1, which has no prerequisite. Each level of Learn-to-Swim includes training in basic water safety and helping others in an emergency, in addition to the skills outlined below:

Level 1: Introduction to Water Skills

Purpose: Helps students feel comfortable in the water. Level 1 participants learn to—

- Enter and exit water safely.
- Submerge mouth, nose and eyes.
- Exhale underwater through mouth and nose.
- Open eyes underwater, pick up submerged object.
- Change direction while walking or paddling.
- Roll over from front to back and back to front with support.
- Explore floating on front and back with support.
- Explore swimming on front and back using arm and leg actions with support.
- Use a life jacket.

Level 2: Fundamental Aquatic Skills

Purpose: Gives students success with fundamental skills. Level 2 participants learn to—

- Enter water by stepping or jumping from the side.
- Exit water safely using ladder or side.
- Submerge entire head.
- Blow bubbles submerging head in a rhythmic pattern (bobbing).
- Open eyes underwater, pick up a submerged object in shallow water.
- Float on front and back.
- Perform front and back glide.
- Change direction of travel paddling on front or back.
- Roll over from front to back, back to front.
- Tread water using arm and leg motions (chest-deep water).
- Swim on front, back, and side using combined arm and leg actions.
- Move in the water while wearing a life jacket.

Level 3: Stroke Development

Purpose: Builds on the skills in Level 2 through additional guided practice. Level 3 participants learn to—

- Jump into deep water from the side.
- Dive from kneeling or standing position.
- Submerge and retrieve an object in chest deep water.
- Bob with the head fully submerged.
- Rotary breathing in horizontal position.
- Perform front and back glide using two different kicks.
- Float on front and back in deep water.
- Change from horizontal to vertical position on front and back.
- Tread water using hand and leg movements.
- Perform front and back crawl.
- Butterfly—kick and body motion.
- Perform the HELP and Huddle position.

Learn-to-Swim Level 3 participants receive a *Waddles in the Deep* full-color booklet that reinforces class instruction to help swimmers develop confidence in their strokes and improve other aquatic skills.

Level 4: Stroke Improvement

Purpose: Develops confidence in the skills learned and improves other aquatic skills. Level 4 participants learn to—

- Perform a dive from a standing or stride position.
- Swim underwater.
- Perform feet-first surface dive.
- Perform open turns on front and back.
- Tread water using sculling arm motions and with different kicks.
- Perform the following:
 - _ Front and back crawl
 - _ Breaststroke
 - _ Butterfly
 - _ Elementary backstroke
- Swim on side using scissors-like kick.
- Perform compact jump into water from a height while wearing a life jacket.

Level 5: Stroke Refinement

Purpose: Provides further coordination and refinement of strokes. Level 5 participants learn to:

- Perform the following:
 - _ Standing dive
 - _ Shallow dive, glide two body lengths and begin any front stroke
 - _ Tuck surface dive
 - _ Pike surface dive
 - _ Front flip turn
 - _ Backstroke flip turn
 - _ Front and back crawl
 - _ Butterfly
 - _ Breaststroke
 - _ Elementary backstroke
 - _ Sidestroke
- Tread water with two different kicks
- Learn survival swimming

Level 6: Swimming and Skill Proficiency

Purpose: Refines the strokes so students swim with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with “menu” options that each focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard Training courses. These options include:

- Personal Water Safety
- Fundamentals of Diving
- Lifeguard Readiness
- Fitness Swimmer