

American Red Cross Learn To Swim Skill Levels

LEVEL 1: INTRODUCTION TO WATER SKILLS

Purpose is to help students feel comfortable in the water. Class includes basic skills such as entries, submerging, holding breath, floating, kicking, and arm action.

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Purpose is to give students success with fundamental skills. New skills introduced include bobbing, turning over, gliding, front and back crawl, treading water, swim on side.

LEVEL 3: STROKE DEVELOPMENT

Purpose is to build on the skills in Level 2 through guided practice. New skills include deep water entries, survival float, butterfly dolphin kick, rotary breathing, and basic rescue skills.

LEVEL 4: STROKE IMPROVEMENT

For students who have passed Level 3 or can demonstrate proficiency in Level 3 skills. New skills in Level 4 include turns, shallow dives, swim underwater, feet first surface dives, front crawl, back crawl, breaststroke, butterfly, and elementary backstroke.

LEVEL 5: STROKE REFINEMENT

For students who have passed Level 4 or can demonstrate proficiency in Level 4 skills. Class skills include standing dives, head first surface dives, flip turns, survival swimming, rescue breathing.