**RED CROSS LEARN-TO-SWIM SKILL LEVELS**

New Milford Parks & Recreation

JPCC, 2 Pickett District Road

New Milford, Connecticut 06776

(860) 355-6050

* **LEVEL I: 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 II: 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 III: 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 IV: STROKE IMPROVEMENT**
For students who have passed Level III or can demonstrate proficiency in Level III skills.   New skills in Level IV include turns, shallow dives, swim underwater, feet first surface dives, front crawl, back crawl, breaststroke, butterfly, elementary backstroke.
* **LEVEL V: STROKE REFINEMENT**
For students who have passed Level IV or can demonstrate proficiency in Level IV skills.  Class skills include standing dives, head first surface dives, flip turns, survival swimming, rescue breathing.