

# RED CROSS SWIMMING LESSONS LEVELS AND SKILLS



## *Pre-School Aquatics*

Gives young children about ages 3 to 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.

### **PRE-SCHOOL LEVEL 1** ..... *Helps participants feel comfortable in the water and to enjoy the water safely.*

- |                                                                     |                                           |
|---------------------------------------------------------------------|-------------------------------------------|
| Enter water by stepping in                                          | Finning arm action on back                |
| Exit water using ladder, steps or side                              | Front and back floats and glides          |
| Bobbing                                                             | Roll from front to back and back to front |
| Open eyes under water and retrieve submerged objects                | Tread water using arm and leg actions     |
| Recover from a front and back float or glide to a vertical position | Staying safe around aquatic environments  |
| Combined arm and leg actions on front and back                      | Don't just pack it, wear your jacket      |
| Recognizing the lifeguards                                          | Recognizing an emergency                  |
| How to call for help                                                | Too much sun is no fun                    |

### **PRE-SCHOOL 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                    |
| Open eyes under water and retrieve submerged objects       | Bobbing                                                   |
| Front and back floats and glides                           | Roll from front to back and back to front                 |
| Recover from a front float or glide to a vertical position | Recover from a back float or glide to a vertical position |
| 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                                     |                                                           |

### **PRE-SCHOOL 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      |
| Recover from a front and back float or glide to a vertical position | Back float and glide                  |
| 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              |

**If you have any questions please contact Ashley Elbers at  
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# ***Learn-to-Swim Aquatics***

Gives children about age 5 and older a logical, six-level progression that helps swimmers of varying abilities develop their swimming and water safety skills. It is designed to give participants a positive learning experience.

## **LEVEL 1: INTRODUCTION TO WATER SKILLS**

*Helps participants feel comfortable in the water.*

Enter and exit water using ladder, steps or side  
Bobbing  
Front and back glides and back float  
Roll from front to back and back to front  
Alternating and simultaneous leg actions on front and back  
Combined arm and leg actions on front and back  
Recognizing the lifeguards  
Recognizing an emergency  
Too much sun is no fun

Blow bubbles through mouth and nose  
Open eyes under water and retrieve submerged objects  
Recover to vertical position from a front glide and back float  
Tread water using arm and hand actions  
Alternating and simultaneous arm actions on front and back  
Staying safe around aquatic environments  
Don't just pack it, wear your jacket  
How to call for help

## **LEVEL 2: FUNDAMENTAL AQUATIC SKILLS**

*Gives participants success with fundamental skills.*

Enter water by stepping or jumping from the side  
Fully submerge and hold breath  
Open eyes under water and retrieve submerged objects  
Front and back glides and back float  
Roll from front to back and back to front  
Tread water using arm and leg actions  
Finning arm action on back  
Don't just pack it, wear your jacket  
How to call for help  
Look before you leap  
Reach or throw, don't go

Exit water using ladder, steps or side  
Bobbing  
Front, jellyfish and tuck floats  
Recover from a front/back float or glide to a vertical position  
Change direction of travel while swimming on front or back  
Combined arm and leg actions on front and back  
Staying safe around aquatic environments  
Recognizing an emergency  
Too much sun is no fun  
Think so you don't sink

## **LEVEL 3: STROKE DEVELOPMENT**

*Builds on the skills in Level 2 through additional guided practice in deeper waters.*

Enter water by jumping from the side  
Bobbing while moving toward safety  
Survival float  
Change from vertical to horizontal position on front and back  
Front crawl and elementary backstroke  
Reach or throw, don't go  
Push off in a streamlined position then begin flutter and dolphin kicks on front

Headfirst entry from the side in sitting and kneeling positions  
Rotary breathing  
Back float  
Tread water  
Scissors kick  
Think twice before going near cold water or ice

## **LEVEL 4: STROKE IMPROVEMENT**

*Develops confidence in the skills learned and improves other aquatic skills.*

Headfirst entry from the side in compact and stride positions  
Feet first surface dive  
Front crawl and backstroke open turns  
Reach or throw, don't go  
Think so you don't sink  
Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly  
Push off in a streamlined position then begin flutter and dolphin kicks on back

Swim under water  
Survival swimming  
Tread water using 2 different kicks  
Recreational water illnesses  
Look before you leap

## **LEVEL 5: STROKE REFINEMENT**

*Provides further coordination and refinement of strokes.*

Shallow-angle dive from the side  
Tuck and pike surface dives  
Tread water  
Standard scull on back  
Recreational water illnesses  
Look before you leap  
Think twice before going near cold water or ice

Shallow-angle dive from the side then glide and begin a front stroke  
Front flip turn and backstroke flip turn while swimming  
Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly  
How to call for help and the importance of knowing first aid and CPR  
Reach or throw, don't go  
Think so you don't sink  
Wave, tide or ride, follow the guide

## **LEVEL 6: SWIMMING AND SKILL PROFICIENCY**

*Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances.*

Level 6 is designed with "menu" options that focus on preparing participants for lifetime fitness and safety, as well as more advanced courses, such as the Water Safety Instructor course, or other aquatic activities, including competitive swimming or diving. Options include—

Personal Water Safety

Fitness Swimmer

Fundamentals of Diving.