

American Red Cross Swimming and Water Safety Program

Parent and Child Aquatics

Water Babies (ages 6 months to under 2)

Water adjustment for children under 2 with parent and instructor.
Diapers must be covered with plastic pants or child **must** wear Little Swimmers.

Preschool I (Ages 2 to under 4)

Class designed for both parent and child participation. Encourages participant socialization.
Child will develop a comfort level in and around the water and increase their knowledge of water safety.

Preschool II (Ages 2 to 4)

If you have taken Preschool I but you're not quite ready for level I yet - try this!
The first two classes are taught with the parent and child.
The last two classes are taught only with the instructor.

Learn-to-Swim Skills

Children must pass the previous level to enter the next level.

Level 1: Introduction to Water Skills

Purpose: Helps student feel comfortable in the water.

Level 1 Participants learn to:

- * Enter and exit water safely
- * Submerge mouth (head) independently
- * Exhale under water through mouth and nose
- * Open eyes underwater, pick up submerged object, at least 2 times
- * Float on front and back with support
- * Swim on front and back using arm/leg actions
- * Roll over front to back, back to front w/support
- * Treading - explore arm and hand movements in chest-deep water
- * Follow basic water safety rules, helping others
- * Use a life jacket

Level 3: Stroke Development

Purpose: Builds on skills from Level 2 & develops strokes through additional guided practice.

Level 3 participants learn to:

- * Jump into deep water from the side
- * Dive from kneeling or standing position, in water at least 9 feet deep
- * Perform front & back float at least 30 seconds
- * Submerge and retrieve an object
- * Bob with the head fully submerged, chest deep
- * Perform front & back glide w/2 different kicks
- * Use rotary breathing in horizontal position
- * Perform front and back crawl, 15 yards
- * Butterfly - kick and body motion, 15 feet
- * Perform the HELP and Huddle position
- * Change from horizontal to vertical position on front & back
- * Water Safety rules, perform a reaching assist

Level 2: Fundamental Aquatic Skills

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

- * Enter water independently, jumping from the side, in chest deep water
- * Exit water safely using ladder or side
- * Swim on side
- * Submerge entire head, at least 5 seconds
- * Rhythmic pattern of exhaling while head is submerged (bobs)
- * Open eyes underwater, pick up a submerged object, at least 3 times in shallow water
- * Float on front and back unsupported
- * Perform front and back glide, unsupported
- * Roll over from front to back using combined strokes, at least 15 feet unsupported
- * Treading using arms and legs unsupported in chest-deep water
- * Water safety rules, helping others, swim while wearing a life jacket

Level 4: Stroke Improvement

Purpose: Develops confidence and strength to improve skills learned and introduces new aquatic skills.

Level 4 participants learn to:

- * Shallow dive or dive from stride position, in at least 9 feet of water
- * Swim underwater, 3 body lengths
- * Front and back float, survival float, 1 minute
- * Perform feet - first surface dive
- * Perform open turn on front/back using any stroke
- * Tread water using sculling arm motions and various kick, 1 minute
- * Use safe diving rules, water safety rules, perform a throwing assist
- * Care for conscious choking victim
- * Perform compact jump a height while wearing a life jacket
- * Perform the following:
 - Front and back crawl, 25 yards
 - Breaststroke & Elementary backstroke, 15 yards
 - Butterfly, 15 yards
 - Swim on side w/scissors kick, 15 yard