American Red Cross Swimming Course Descriptions

The "Learn to Swim" courses (Level 1-6) cover a range of skills. Students should be placed in the appropriate level based on their abilities, and must complete one level and get their certificate (or demonstrate level requirements) before entering the next level. Please refer to the descriptions below to determine what level your child should be.

Little Swimmers (ages 1-5 years)

These programs emphasize water adjustment, fun, and preparatory activities for swimming. Each child must be accompanied by a parent or other adult in the water. **NO diapers in the pool. Swim diapers or plastic pants ONLY. Class Limit: 6**

Pre-School (ages 3-5 years)

This class is for swimmers ready to learn to swim without mom or dad**.** This class bridges between Little Swimmers and Level 1. Basic skills taught using games, songs and toys to provide a fun introduction to swimming and water safety. **Class Limit: 4**

Level 1: Intro to Water Skills (ages 5 & up)

This class helps students feel comfortable in the water. Level 1 participants learn to: enter and exit water safely, open eyes underwater, pick up submerged object, swim on front and back using arm and leg actions, submerge mouth, nose and eyes. They will also, float on front and back, follow basic water safety rules, exhale underwater through mouth and nose, explore arm and hand movements, and use a life jacket.
Class Limit: 4

Level 2: Fundamental Aquatic Skills

Level 2 participants learn to: enter water by stepping or jumping from the side, open eyes underwater, pick up a submerged object, roll over from front to back, back to front, swim on side, exit water safely using ladder or side, float on front and back. They will also tread water using arm and leg motions, move in the water while wearing a life jacket, submerge entire head, perform front and back glide, and swim on front and back using combined strokes. **Class Limit: 5**

Level 3: Stroke Development

Level 3 participants learn to: jump into deep water from the side, bob with the head fully submerged, perform survival float, butterfly - kick and body motion. They will also use Check-Call-Care in an emergency, dive from kneeling or standing position, and use rotary breathing in horizontal position, change from horizontal to vertical position on front and back; perform the HELP and Huddle positions, submerge and retrieve and object, perform front and back glide, perform front and back crawl, and perform a reaching assist. **Class Limit: 5**

Level 4: Stroke Improvement

Level 4 participants learn to: perform shallow dive or dive from stride positon, perform open turns on front and back using any stroke, use safe diving rules, perform a throwing assist, swim underwater, tread water using sculling arm motions and kick, perform compact jump into water from a height while wearing a life jacket. They will also perform feet-first surface dive, perform the following: Front and back crawl, swim on side using scissors-like kick, breaststroke, butterfly, elementary backstroke.
Class Limit: 6

Level 5: Stroke Refinement

This class provides further coordination and refinement of strokes. Level 5 participants learn survival swimming and perform rescue breathing. They will also perform the following: standing dive, open turns on front and back, front and back crawl, tuck surface dive and pike surface dive, front flip turn and backstroke flip turn, elementary backstroke, butterfly, breast stroke and sidestroke.
Class Limit: 6

Level 6: Swimming and Skill Proficiency

This class refines the strokes so students swim with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options that focus on preparing students to participate in more advanced courses. Level 6a - Lifeguard readiness and Level 6b - Fundamentals of diving. **Class Limit: 6**

 We encourage all participants to download the **American Red Cross Swim app** as it helps keep track of levels they have completed along with videos so they can practice their skills outside of class.