American Red Cross

Beginner and Intermediate Swim Lessons

The path to water competency in a pool environment

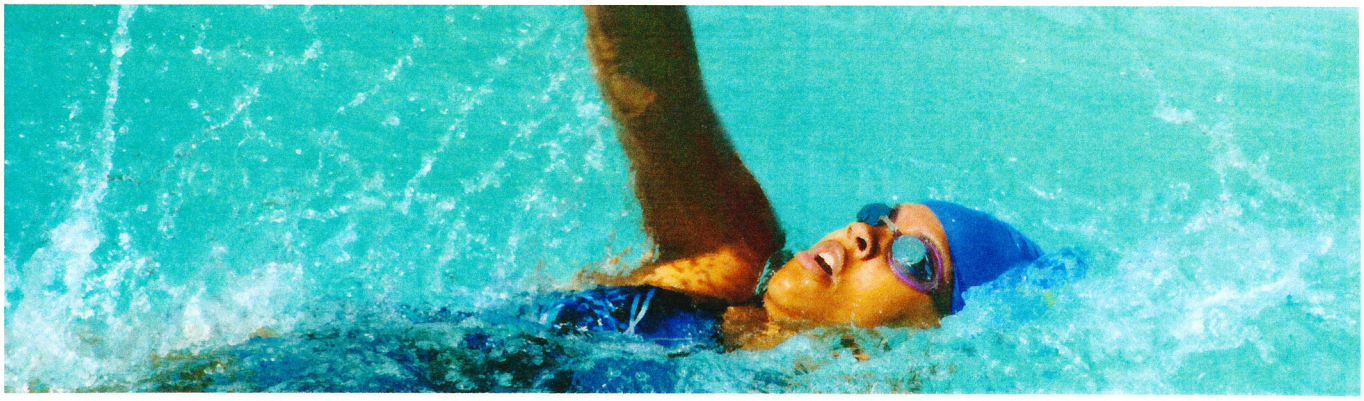
	Learn-to-Swim Level 1	Learn-to-Swim Level 2	Learn-to-Swim Level 3
Skills	May be performed with assistance: • Enter water using a ramp, steps or side • Exit water using ladder, steps or side • Blow bubbles for 3 seconds • Bobbing, 5 times • Open eyes under water and retrieve submerged objects • Front glide and recover to a vertical position • Back glide and recover to a vertical position • Back float for 5 seconds • Roll from front to back and back to front • Treading water arm and hand actions • Alternating and simultaneous leg and arm actions on front • Alternating and simultaneous leg and arm actions on back • Combined arm and leg actions on front • Combined arm and leg actions on back	• Step or jump from the side into shoulder-deep water • Exit water using ladder, steps or side • Fully submerge and hold breath • Bobbing, 10 times • Open eyes under water and retrieve submerged objects • Rotary breathing • Front, jellyfish and tuck floats for 10 seconds • Front glide and recover to a vertical position • Back glide and recover to a vertical position • Back float for 15 seconds • Roll from front to back and back to front • Tread water for 15 seconds • Change direction of travel while swimming on front or back • Combined arm and leg actions on front • Combined arm and leg actions on back • Finning arm action on back	• Jump into deep water from the side, submerge and return to the side • Headfirst entry from the side in seated and kneeling positions • Bobbing while moving to safety • Rotary breathing • Survival float for 30 seconds • Back float for 1 minute • Tread water for 1 minute • Change from vertical to horizontal position on front and back • Push off in streamlined position on front, then begin kicking • Swim the front crawl for 15 yards • Swim the elementary backstroke for 15 yards • Flutter, scissors, breaststroke, and dolphin kicks
Exit Assessment	• Enter independently, travel at least 5 yards, bob 5 times, then safely exit the water. • Glide on front at least 2 body lengths, roll to a back float for 5 seconds, and recover to a vertical position.	• Step from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water. • Move into a back float for 15 seconds, roll to front, then recover to a vertical position. • Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for at least 5 body lengths.	• Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water. • Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke 15 yards, then exit the water.
Safety Focus	• Staying safe around water • 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	• Staying safe around water • 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 • The danger of drains	• Reach or Throw, Don't Go • Think Twice Before Going Near Cold Water or Ice • Look Before You Leap • Developing breath control safely • Making good decisions–choosing an exit point

Graduates of Preschool Aquatics Level 3 begin at Learn-to-Swim Level 3

Get the most out of your swim lessons with the Swim App.

Text SWIM to 90999, and we'll send you a link to download the app, or search the iTunes® app store or Google Play™ for American Red Cross.

100 YEARS OF WATER SAFETY



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Intermediate and Advanced Swim Lessons

Refine strokes and build endurance

	Learn-to-Swim Level 4	Learn-to-Swim Level 5	Learn-to-Swim Level 6
Skills	• Headfirst entry in compact and stride positions • Feetfirst surface dive • Swim underwater • Tread water, using 2 different kicks • Survival swimming for 1 minute	• Shallow-angle dive into deep water • Tuck surface dive • Pike surface dive • Tread water for 5 minutes • Tread water, using legs only, for 2 minutes • Sculling for 30 seconds	• Surface dive and retrieve object from the bottom, 7–10 feet deep
	Swimming: • Front crawl for 25 yards • Elementary backstroke for 25 yards • Breaststroke for 15 yards • Back crawl for 15 yards • Butterfly for 15 yards • Sidestroke for 15 yards • Open turns on the front and back • Flutter and dolphin kicks on back • Push off in streamlined position on back, then begin kicking	Swimming: • Front crawl for 50 yards • Elementary backstroke for 50 yards • Breaststroke for 25 yards • Back crawl for 25 yards • Butterfly for 25 yards • Sidestroke for 25 yards • Front flip turn • Backstroke flip turn	Swimming: • Front crawl for 100 yards • Elementary backstroke for 100 yards • Breaststroke for 50 yards • Back crawl for 50 yards • Butterfly for 50 yards • Sidestroke for 50 yards • Demonstrate open turns and front and back flip turns when swimming
Exit Assessment	• Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary, and swim elementary backstroke for 25 yards. • Swim breaststroke for 15 yards, change direction and position as necessary, and swim back crawl for 15 yards. • Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.	• Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards, using appropriate and efficient turning styles throughout. • Swim breaststroke for 25 yards, change direction and position of travel as necessary, and swim back crawl for 25 yards, using appropriate and efficient turning styles throughout.	• Swim 500 yards continuously, using any 3 strokes of choice, swimming at least 50 yards of each stroke. **Note:** Additional exit assessments are required, depending on the course option selected. Course Options: • Fitness Swimmer • Personal Water Safety • Fundamentals of Diving
Safety Focus	• Reaching assist • Throwing assist • Recreational water illnesses • Think So You Don't Sink • Look Before You Leap	• How to call for help and the importance of knowing first aid and CPR • Recreational water illnesses • Reach or Throw, Don't Go • Look Before You Leap • Think So You Don't Sink • Think Twice Before Going Near Cold Water or Ice • Wave, Tide or Ride, Follow the Guide	• Learn About Boating Before You Go Floating • Think So You Don't Sink • Swim as a Pair Near a Lifeguard's Chair • Look Before You Leap • The danger of drains • The dangers of hyperventilation and extended breath-holding

Become a stronger, more competent swimmer by swimming longer distances and learning more strokes and skills.

Once you reach Level 6, lessons are customized to meet your personal objectives, including competition.

100 YEARS OF WATER SAFETY