

RED CROSS SWIM LEVEL SKILLS

<p>Preschool Introduction to Water</p> <p>Purpose: Introduce students to the water</p> <p>Course Contents: This course is intended for students who are being introduced to the water for the first time or are not comfortable in the water. We will introduce students to water in a variety of ways, go over safety rules, how to help in an emergency, fundamentals of using a life jacket. Parents' participation is welcome.</p>	<p>Level 4.2 Stroke Improvement</p> <p>Students should have completed level 4.1 before moving to 4.2.</p> <p>Purpose: Develop confidence in the strokes learned.</p> <p>Course Contents: Improve front and back crawl strokes using rhythmic breathing, swim longer distances to build strength and endurance, dive while standing, swim under water.</p>
<p>Level 1 Introduction to Water Skills</p> <p>Purpose: Help students feel comfortable in the water.</p> <p>Course Contents: Supported floating and kicking on front and back, swimming on front and back using alternating and simultaneous arm and leg action with support, water safety rules, how to get help in an emergency, fundamentals of using a life jacket. Students should be a minimum of 5 years old.</p>	<p>Level 5 Stroke Refinement</p> <p>Purpose: Provide further coordination and refinement of strokes.</p> <p>Course Contents: Perform a long shallow dive, perform tuck and pike surface dives, tread water, survival float front and back for 2 minutes, swim front and back crawl 50 yards each, breaststroke, elementary backstroke and sidestroke for 25 yards each.</p>
<p>Level 2 Fundamental Aquatic Skills</p> <p>Purpose: Give students success with fundamental skills.</p> <p>Course Contents: Jump independently into chest deep water, submerging the entire head, open eyes under water, pick up an object, change direction on front and back, float and glide on front and back, combined stroke on front and back, roll over from front to back, back to front, moving in the water with a life jacket on.</p>	<p>Level 6.1 Swimming and Skill Proficiency</p> <p>Purpose: Refine strokes so students will swim them with wase, efficiency, power, and smoothness over great distances.</p> <p>Course Contents: Students will swim all previous skills learned a minimum of 100 yards each.</p>
<p>Level 3 Stroke Development</p> <p>Purpose: Build on the skills in Level 2 by providing additional guided practice.</p> <p>Course Contents: Jump into deep water, dive from kneeling position, tread water, survival float on front and back float, swim front and back crawl using rhythmic breathing, swim using the butterfly kick.</p>	<p>Level 6.2 Personal Water Safety and Lifeguard Readiness</p> <p>Course Contents: Tread water, survival float for 5 minutes, tread water using arms only, then only legs for 2 minutes, survival swim 50 yards while clothed, swim front and back crawl 100 yards each, swim breaststroke 100 yards, elementary back stroke and side stroke for 50 yards each.</p>
<p>Level 4.1 Introduction to New Strokes</p> <p>Purpose: Introduce students to additional swimming skills on side and back.</p> <p>Course Contents: Dive from standing position, perform feet first surface dive and swim under water, elementary backstroke, back stroke, and side stroke.</p>	<p>Jr. Lifeguarding Course for Ages 11 and Over</p> <p>Purpose: Introduce students to the basic skills of a lifeguard.</p> <p>Course Contents: Students will be introduced to first aid, CPR, choking, observe the beach lifeguards, swim while clothed, perform basic reaching rescues, swim a combination of 500 yards using a variety of swimming strokes, boat safety and weather emergencies.</p>

****PLEASE NOTE:** This is only a general description of levels. All students must pass Red Cross Standards to move to the next level.