

## Swimming Lessons Level/Course Descriptions

- **Parent and Child Aquatics (Aqua Tots/Mommy & Me) (Ages 6 months to 2 years old):** The purpose of Parent and Child Aquatics is to teach safe behaviors in, on and around the water and to develop swimming readiness. Parents and children engage in water exploration activities with the objective of having fun and becoming comfortable in, on and around the water.
- **Preschool Aquatics (Ages 3 to 5 years old):** Preschool Aquatics aims to promote the developmentally appropriate learning of fundamental water safety and aquatic skills by young children. Red Cross Preschool Aquatics teaches aquatic and safety skills in a logical progression. Children usually take preschool classes 2-3 times from ages 3 to 5 years old.
  - **Example of some skills that are taught:**
    - Safely entering and exiting the water
    - Submerging under water
    - Blowing bubbles
    - Floating on front and back and standing up.
    - Arm and leg actions on front and back
- **Learn-to-Swim (6 levels):** Learn-to-Swim consists of six comprehensive levels that teach people of varying ages and abilities how to swim skillfully and safely. Each level includes training in basic water safety in addition to aquatic and safety skills taught in a logical progression. The objective is to teach people to swim and to be safe in, on and around the water. The six levels include:
  - **Learn to Swim Level 1—Introduction to Water Skills (around ages 6-8)**
    - **Example of some skills taught:** Entering and exiting the water safely, blowing bubbles, retrieving an object from underwater, floating on front and back and recovering, gliding on front and back, rolling over, arm and leg actions on front and back. Children are assisted with skills, with the goal of being able to float on their own before moving up to Level 2.
  - **Learn to Swim Level 2—Fundamental Aquatic Skills (around ages 7-9)**
    - **Example of some skills taught:** Entering and exiting the water safely, breath control, retrieve an object from underwater, front float, jellyfish float, tuck float, back float, glides, changing direction, rolling over, combined arm and leg actions on front and back, finning. Must be able to swim a short distance on their own and float on their own before moving on to level 3.
  - **Learn to Swim Level 3—Stroke Development (around ages 8-10)**
    - **Example of some skills taught:** Jump into deep water, safety bobs, rotary breathing, survival float, back float, tread water, streamline position, front crawl, elementary backstroke, scissors kick, breaststroke kick, flutter kick, dolphin kick. Must be able to tread water for one minute on their own and swim 25 yards on their own multiple times with certain strokes to be able to move on to Level 4.
  - **Learn to Swim Level 4—Stroke Improvement (around ages 9-11)**
    - **Example of some skills taught:** Surface dives, tread water, survival swim, front crawl, elementary backstroke, breaststroke, back crawl, butterfly, sidestroke, open turns, flutter and dolphin kicking on back, glide in streamline position then kick.
  - **Learn to Swim Level 5—Stroke Refinement (around ages 10-12)**
    - **Example of some skills taught:** Surface dives, sculling, tread water with only the legs for 2 minutes, front crawl 50 yards, elementary backstroke 50 yards, breaststroke 25 yards, back crawl 25 yards, butterfly 25 yards, sidestroke 25 yards, front flip turn, and backstroke flip turn.
  - **Learn to Swim Level 6—Swimming and Skill Proficiency (around ages 11-15)**
    - **Personal Water Safety**
    - **Fundamentals of Diving (water has to be 9 ft deep to have this class)**
    - **Fitness Swimmer**
      - For all 3 above course options, this is one of the exit skills:
        - Swim 500 yards continuously, using any 3 strokes of your choice, swimming at least 50 yards of each stroke.