

Congratulations! You have started your child on a journey to learn how to be safe around the water and to swim well.

Our programs start with an amazing opportunity for parents and children to work together in this fun based class! Games, songs and a progressive outline make a safe and comfortable solid start toward swimming.

Hydro-Tots, ages- 6 months through 2 years

American Red Cross Preschool Aquatics consists of three levels of progressive swim instruction for children about 3 through 5 years old.

Seahorse, Preschool Level 1

Jellyfish, Preschool Level 2

Puffer Fish, Preschool Level 3

It is quite common for children to participate in several sessions of each Preschool Aquatics Levels before they are able to successfully demonstrate all the skills. That's okay! It is not important how quickly they move through a level, but that they achieve each skill.

Classes that start with the basics for ages 6 and older include:

Beginner, Level 1

Advanced Beginner, Level 2

More advanced classes for children of all ages, who can swim the width of the Indoor Pool (14 yards) without stopping or struggling include:

Intermediate, Level 3

Swimmer, Level 4

Advanced Swimmer, Level 5

For each level of swim classes, our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for young children. Red Cross Aquatics puts the "fun" in fundamentals. Each class is loaded with enjoyable, engaging and challenging activities that motivate children to want to perform and learn to swim.

The following pages

contain a detailed description of the skills and goals for each level.

Hydro-Tots – Parent and Child Classes

As parents, you learn how to safely work with your child in the water, including how to appropriately support and hold your child. You also learn how to prepare and encourage your child to participate fully and try the skills. In addition, you are introduced to several water safety topics. Your child receives an introduction to basic skills that lay a foundation for learning to swim.

Our instructors follow a plan to introduce swimming and water safety skills that are developmentally appropriate for infants and toddlers. Routines that are familiar are extremely important to this age group. Each class uses toys, songs, fun and games to keep the children engaged... and enjoying the water.

Great experiences and fun activities are provided to teach infants and young children to:

- Feel comfortable in the water.
- Enter and exit the water safely.
- Explore breath control and submerging.
- Explore floating on the front and back.
- Change body position in the water.
- Play safely in the water.
- Experience wearing a life jacket.
- Retrieve objects below the surface with eyes open.
- Glide on the front and back with assistance.
- Perform combined arm and leg actions on front and back with assistance.

Participating parents will learn:

- Valuable safety information to help you properly supervise children and maintain safe behavior in, on and around the water.
- How to hold and support your child in the water for swim activities.
- How to select and fit a US Coast Guard- approved life jacket for your child.

Seahorse - Preschool Aquatics Level 1

In Preschool Aquatics Level 1, your child is introduced to basic skills. These skills lay the foundation for developing water competency and the future skill development of swimming strokes. In addition, your child starts to develop positive attitudes and safe practices around the water.

Certain milestones are necessary for successful completion of Preschool Aquatics Level 1:

- Entering the water independently using ramp, steps or side and travel at least 5 yards.
- Submerging mouth and blowing bubbles for at least 3 seconds.
- Exiting the water safely.
- Gliding on front for at least 2 body lengths with support.
- Rolling to back and floating for 3 seconds with support.
- Recovering to a vertical position with support.

Jellyfish - Preschool Aquatics Level 2

This level continues laying the foundation for developing water competency and further skill development. Pre-school Aquatics Level 2 marks the beginning of independent aquatic locomotion skills. Children continue to explore, using simultaneous (and alternating) arm and leg actions on the front and back to gain greater proficiency in preparation for performing strokes.

Some of the milestones achieved in Preschool Aquatics Level 2 include:

- Gliding on front at least 2 body lengths.
- Rolling to back, floating on back for 15 seconds, then recovering to a vertical position.
- Gliding on back for at least 2 body lengths.
- Rolling to front, then recovering to a vertical position.
- Swimming using combined arm and leg actions on front for 3 body lengths.
- Rolling to back, floating for 15 seconds, rolling to front then continuing to swim on front for 3 body lengths.

Puffer Fish - Preschool Aquatics Level 3

In Preschool Aquatics Level 3, our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for young children and help further your child's development of water competency.

Some of the milestones in Level 3 include:

- Stepping from the side into chest-deep water.
- Pushing off the bottom and moving into a treading or floating position for 15 seconds, swimming on front and/ or back for 5 body lengths and then exiting the water.
- Moving into a back float for 15 seconds, rolling to front then recovering to a vertical position.
- Pushing off and swimming using combined arm and leg actions on front for 5 body lengths. Next, rolling to back, floating for 15 seconds, rolling to front, then continuing to swim for 5 body lengths.

All Preschool Level 3 skills are performed independently.

Beginner - Level 1 – Introduction to Water Skills

In Level 1—Introduction to Water Skills, your child is introduced to basic skills as the foundation for future skills and the development of water competency (the basic minimum skills needed for water safety).

- Orient participants to the aquatic environment and help them gain basic aquatic skills.
- Help participants begin to develop positive attitudes and safe practices around water .
- No skill prerequisites.
- Participants usually start at about 6 years of age.

Certain milestones are necessary for successful completion of Level 1, including:

- Entering the water independently using the ramp, steps or side.
- Traveling at least 5 yards, bobbing 5 times and then safely exiting the water.
- Opening eyes underwater and retrieving submerged object .
- Gliding on front with assistance at least 2 body lengths.
- Rolling to a back float for 5 seconds with assistance.
- Recovering to a vertical position with assistance.
- Combined arm and leg actions on front and back with assistance.
- Alternating and simultaneous arm and leg actions on front and back with assistance.

Water Adjustment, Entry and Exit

Enter water using ramp, steps or side

Exit water using ladder, steps or side

Breath Control and Submerging

Blow bubbles, 3 seconds

Bobbing, 5 times

Open eyes underwater and retrieve submerged objects in shallow water, 2 times

Buoyancy

Front glide, 2 body lengths

Recover from a front glide to a vertical position

Back glide, 2 body lengths

Back float, 5 seconds

Recover from a back float or glide to a vertical position

Changing Direction and Position. Treading

Roll from front to back

Roll from back to front

Arm and hand treading actions, in chest-deep water

Swim On Front

All—2 body lengths

Alternating leg action

Simultaneous leg action

Alternating arm action

Simultaneous arm action

Combined arm and leg actions on front

Swim On Back

All—2 body lengths

Alternating leg action

Simultaneous leg action

Alternating arm action

Simultaneous arm action

Combined arm and leg actions on back

Water Safety Topics

Staying safe around water

Recognizing the lifeguards

Don't Just Pack It, Wear Your Jacket—demonstrate

Recognizing an emergency

How to call for help—demonstrate

Too Much Sun Is No Fun

Exit Skills Assessment

1. Enter independently, using either the ramp, steps or side, travel at least 5 yards, bob 5 times, then safely exit the water. (Participants can walk, move along the gutter or “swim.”)
2. Glide on front at least 2 body lengths, roll to a back float for 5 seconds, then recover to a vertical position. (This part of the assessment can be performed with assistance.)

Advanced Beginner - Level 2 – Fundamental Aquatic Skills

- Build on the basic aquatic skills and water safety skills and concepts learned in Level 1.
- Prerequisite: successful demonstration of the Beginner Exit Skills Assessment.
- Participants usually start at about 6 years of age .

Your child begins to perform skills at a slightly more advanced level and begins gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills.

Some of the milestones that are necessary for successful completion of Level 2 include:

- Stepping from the side into chest-deep water.
- Fully submerging and holding breath.
- Pushing off the bottom, moving into a treading or floating position for at least 15 seconds, swimming on front and/ or back for 5 body lengths and then exiting the water.
- Moving into a back float for 15 seconds, rolling to front and then recovering to a vertical position.
- Pushing off and swimming using combined arm and leg actions on front for 5 body lengths, rolling to back, floating for 15 seconds, rolling to the front and then continue swimming for 5 body lengths.

Water Adjustment, Entry and Exit

Enter by stepping or jumping from the side into shoulder-deep water

Exit using ladder, steps or side from chest-deep water

Breath Control and Submerging

Fully submerge and hold breath, 10 seconds

Bobbing, 10 times

Open eyes underwater and retrieve submerged objects in chest-deep water, 3 times

Rotary breathing, 5 times

Buoyancy

Front glide, 2 body lengths

Float in a face-down position, 10 second

Front float, Jellyfish float, Tuck float

Recover from a front float or glide to a vertical position

Back glide, 2 body lengths

Back float, 15 seconds

Recover from a back float or glide to a vertical position

Changing Direction and Position. Treading

Roll from front to back

Roll from back to front

Change direction of travel while swimming on front or back

Tread water using arm and leg actions, 15 seconds in shoulder-deep water

Swim On Front

Combined arm and leg actions on front, 5 body lengths

Swim On Back

Finning arm action, 5 body lengths

Combined arm and leg actions on back, 5 body lengths

Water Safety Topics

Staying safe around water

Don't Just Pack It, Wear Your Jacket—demonstrate

Recognizing an emergency

How to call for help—demonstrate

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

Exit Skills Assessment

1. Step from the 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.
2. Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
3. 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 the front, then continue swimming for at least 5 body lengths.

Intermediate - Level 3 – Stroke Development

- Build on the skills learned in Levels 1 and 2 to help participants achieve basic water competency in a pool environment.
- Prerequisite: successful demonstration of the Advanced Beginner OR Puffer Exit Skills Assessment.

In Learn-to-Swim Level 3, we introduce new swimming and water safety skills, while building on previously learned skills. Your child learns to swim the front crawl and elementary backstroke at rudimentary levels, is introduced to the scissors and dolphin kicks, learns the survival float and increases the time duration for treading water. Your child also learns the rules for headfirst entries and begins to learn to enter the water headfirst from a seated position at poolside (if the water is 9 feet deep or deeper).

Some of the milestones in Level 3—Stroke Development include:

- Flutter, scissors, breaststroke and dolphin kicks.
- Jumping into deep water from the side, recovering to the surface, maintaining position by treading or floating for 1 minute, rotating a full turn and then turning as necessary to orient to the exit point.
- Swimming the front crawl and/or elementary backstroke for 25 yards and then exiting the water.
- Pushing off in a streamlined position, swimming the front crawl for 15 yards, changing position and direction, swimming the elementary backstroke for 15 yards and then exiting the water.

Water Adjustment, Entry and Exit

Enter water by jumping from the side, fully submerge, then recover to the surface and return to the side
Headfirst entry from the side in a sitting and kneeling position

Breath Control and Submerging

Bobbing while moving toward safety, 15 times

Rotary breathing, 15 times

Buoyancy

Survival float, 30 seconds

Back float, 1 minute

Changing Direction and Position. Treading

Change from vertical to horizontal position on front

Change from vertical to horizontal position on back

While in a vertical position, rotate one full turn

Tread water, 1 minute

Swim On Front

Push off in a streamlined position, then begin flutter kicking, 3 to 5 body lengths

Push off in a streamlined position, then begin dolphin kicking

Front crawl, 15 yards

Breaststroke kick, 15 yards

Swim On Back

Elementary backstroke, 15 yards

Stoke Development

Scissors kick, 15 yards

Water Safety Skills

Reach or Throw, Don't Go— demonstrate

Think Twice Before Going Near Cold Water or Ice

Look Before You Leap

Developing breath control safely

Making good decisions— choosing an exit point

Exit Skills Assessment

1. 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.

2. Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.

Swimmer - Level 4 – Stroke Improvement

- Improve participants' proficiency in performing the swimming strokes introduced in Level 3.
- Prerequisite: successful demonstration of the Intermediate Exit Skills Assessment.

In Learn-to-Swim Level 4, we introduce new swimming and water safety skills and to build on previously learned skills, improving the swimming stroke proficiency and swimming for longer distances.

Some of the milestones in Level 4—Stroke Improvement include:

- Swimming the front crawl for 25 yards.
- Swimming the elementary backstroke for 25 yards.
- Swimming the breaststroke for 15 yards.
- Swimming the butterfly for 15 yards.
- Swimming the back crawl for 15 yards.
- Swimming the sidestroke for 15 yards.
- Headfirst entry from a stride position (*only if the water is at least 9-feet deep).
- Open turns on the front and back.

Water Adjustment, Entry and Exit

Headfirst entry from the side in a compact position

Headfirst entry from the side in a stride position

Breath Control and Submerging

Swim underwater, 3 to 5 body lengths, without hyperventilating

Feetfirst surface dive

Buoyancy

Survival swimming, 1 minute

Changing Direction and Position. Treading

Front crawl open turn

Back crawl open turn

Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary), 2 minutes

Swim On Front

Front crawl, 25 yards

Breaststroke, 15 yards

Butterfly, 15 yards

Swim On Back

Push off in a streamlined position and begin flutter kicking, 3 to 5 body lengths

Push off in a streamlined position and begin dolphin kicking, 3 to 5 body lengths

Elementary backstroke, 25 yards

Back crawl, 15 yards

Stroke Improvement

Sidestroke, 15 yards

Water Safety Skills

Reach or Throw, Don't Go— demonstrate

Reaching assist

Throwing assist

Recreational water illnesses

Think So You Don't Sink— demonstrate

Look Before You Leap

Exit Skills Assessment

1. 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.
2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.
3. Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.

Advanced Swimmer - Level 5 – Stroke Refinement

- Help participants refine their performance of all six swimming strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke).
- Prerequisite: successful demonstration of the Swimmer Exit Skills Assessment.

In Learn-to-Swim Level 5, our instructors follow a plan to refine all six swimming strokes including swimming for longer distances, introduce new water safety skills while building on ones previously learned and perform flip turns on the front and back. The expectations are higher now in regards to distance and quality. Each class is loaded with engaging and challenging activities and drills to build endurance and improve technique.

Some of the milestones in Level 5—Stroke Refinement include:

- Performing a shallow-angle dive into water at least 9-feet deep.
- Performing a tuck and pike surface dive
- Swimming the front crawl for 50 yards.
- Swimming the elementary backstroke for 50 yards.
- Swimming the sidestroke for 25 yards
- Swimming the breaststroke for 25 yards.
- Swimming the back crawl for 25 yards.
- Swimming the butterfly for 25 yards
- Front and back flip turns.

Water Adjustment, Entry and Exit

Shallow-angle dive from the side

Shallow-angle dive, glide 2 to 3 body lengths and begin any front stroke

Breath Control and Submerging

Tuck surface dive

Pike surface dive

Changing Direction and Position. Treading

Front flip turn while swimming

Backstroke flip turn while swimming

Tread water, 5 minutes

Tread water, using legs only, 2 minutes

Swim On Front

Front crawl, 50 yards

Breaststroke, 25 yards

Butterfly, 25 yards

Swim On Back

Elementary backstroke, 50 yards

Back crawl, 25 yards

Standard (back) scull, 30 seconds

Stroke Refinement

Sidestroke, 25 yards

Water Safety Skills

How to call for help and the importance of knowing first aid and CPR

Recreational water illnesses

Reach or Throw, Don't Go— demonstrate

Look Before You Leap— demonstrate

Think So You Don't Sink

Think Twice Before Going Near Cold Water or Ice

Wave, Tide or Ride, Follow the Guide

Exit Skills Assessment

1. Perform a shallow-angle dive into deep water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards using appropriate and efficient turning styles throughout.
2. Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.