

American Red Cross Swim Lesson Levels

Parent/Child

- Minimum age 6 months to about 3 years
- Parents required to be in pool with child
- Orients young children in the water and prepares them for future classes

Pre-Level I

- Recommended age 3-5 years
- Parent in pool with child is optional
- Water entry, bubble blowing, front kicking, back floating, underwater exploration, and more

Level 1:

Water Exploration (Shallow water lesson)

- Fully submerge face in water
- Front and back float with support
- Kicking on front and back with support
- Enter and exit the water independently

Level 2:

Primary Skills (Shallow water lesson)

- Float on front and back unsupported for 5 seconds
- Swim on front 5 yards without assistance
- Swim on back 5 yards without assistance
- Retrieve objects under water chest deep

Level 3:

Stroke Readiness (Mid-pool lesson)

- Swim the front crawl for 10 yards
- Swim the back crawl for 10 yards
- Jump into deep water
- Bobs in water over the child's head

Level 4:

Stroke Development (Deep water lesson)

- Deep water bobs
- Standing dive from side of pool
- Elementary backstroke for 10 yards
- Front & back crawl 25 yards (entire length of pool)
- Breaststroke & Sidestroke kick with kickboard

Level 5:

Stroke Refinement (Deep water lesson)

- Front & back crawl 50 yards
- Breaststroke & sidestroke for 10 yards
- Elementary backstroke for 25 yards

Level 6:

Skill Proficiency (Deep water lesson)

- Front & back crawl 100 yards
- Breaststroke & sidestroke 25 yards
- Swim the butterfly 10 yards
- Flip turn

Lifeguard Training

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatics emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

Prerequisites: Minimum age of 15. Swim 300 yards continuously, using these strokes in the following order: 100 yards of front crawl using rhythmic breathing and stabilization, propellant kick. Rhythmic breathing can be performed either by breathing to the side or front. 100 yards of breaststroke, using a pull, breathe, kick, glide sequence. 100 yards of either front crawl using rhythmic breathing or breaststroke, or a combination. Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards back to the starting point with object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

