

**PLEASE NOTE: SWIMMING LESSONS ARE FOR LEVELS 2-6 ONLY**

**American Red Cross Swimming Level Descriptions**

**The American Red Cross program features six levels of learn-to-swim instruction to help swimmers of all ages and abilities develop their swimming and water safety skills. It is designed to give students a positive learning experience as they progress through all six levels, and so to help ensure they truly master swimming skills.**

**Parent & Child Aquatics (6mo.-3 yrs.):** Helps young children become comfortable in and around the water so they are ready to learn to swim. A parent must accompany their child in the water.

**Prep 1:** For children 3-4 years old who have little or no previous water experience. Parents may accompany their child in the water, but are not required to. There is a table in the water.

**Level 1: Introduction to Water Skills:** Helps students feel comfortable in the water and enjoy the water safely. There is a table in the water.

**Level 2 - Fundamental Aquatic Skills:** Gives students success with fundamental skills. **Table 2** is for those swimmers who have passed level I skills but are not tall enough to stand comfortably in 3 1/2 feet water.

**Level 3 - Stroke Development:** Builds on the skills in Level 2 by providing additional guided practice. Strong emphasis on learning front crawl with rhythmic breathing and back crawl.

**Level 4 - Stroke Improvement:** Develops confidence in the strokes already learned and improves other aquatic skills. Four new strokes are introduced: breaststroke, sidestroke, elementary backstroke, and butterfly.

**Level 5 - Stroke Refinement:** Provides further coordination and refinement of strokes.

**Level 6 - Swimming and Skill Proficiency:** Refines the strokes so students swim with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options. Each of these options focus on preparing students to participate in more advance courses, such as Water Safety Instructor and Lifeguard Training. Level 6 will incorporate all options listed:

- \* Level 6 Personal Water Safety
- \* Level 6 Lifeguard Readiness
- \* Level 6 Fundamental of Diving