Swim Lesson Flow Chart

1. Has child previously taken Red Cross lessons? Was level completed and successfully passed?
Yes—passed level 1-2-3 Sign up for next level (consider repeating if taken more than a year ago)
No—continue

2. Is child dependant upon water wings while in the water?	No—continue	Yes—level 1
3. Does child comfortably put his/her entire head under water?	No—level 1	Yes—continue
4. Does child comfortably blow bubbles with face flat in the water?	No—level 1	Yes—continue
5. Does child float on their back or stomach unassisted?	No—level 1	Yes—continue
6. Does child push away from edge of pool and glide with face in water?	No—Level 2	Yes—continue
7. Does child jump into deep water and return to side unassisted?	No—level 3	Yes—continue
8. Does child swim 25 meters? (Length of pool)	No—level 3	Yes—Level 4
9. Does child tread water in the deep end of pool?	No—level 3	Yes—Level 4

10. **Age of child?**	**1-2 yrs.**	**Parent-Child Class**
	2-4 yrs.	**Pre-School Levels**
	5-17 yrs.	**Learn To Swim Levels**

Swim Level Entrance Skills

These are the skills required to ENTER each level.

Introduction to Water, Level 1

For the child who has desire to learn and can separate from parent and is potty trained.

Fundamental Aquatic Skills, Level 2

For the child who will submerge mouth, nose, and eyes
Blow bubbles through mouth and nose
Comfortable maintaining front / back float and recover to standing position
Swim on front & back; explores arm & leg action for at lease five feet w/support

Stroke Development, Level 3

For the child who will submerge head in a rhythmic pattern (bobs)
Open eyes underwater, pick up submerged object
Comfortable floating face-down
Push off from edge on front or back glide, unassisted
Roll over from front to back and back to front
Combine arm/leg action, using any combination of simultaneous action on front & back.

Stroke Improvement, Level 4

For the child who will jump into deep water
Submerge and retrieve object, bobs with head fully submerged
Rotary breathing with the body in a horizontal position
Swim front / back crawl 25 yards and comfortable in the deep water