

Swim Lesson Flow Chart

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|---|--------------------------|--------------------|----------|-------------------|-----------|--------------------------|-----------|--------------------------|--|--|
| <p>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</p> | | | | | | | | | | |
| 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 | | | | | | | | |
| <p>10. Age of child?</p> <table border="0" style="margin-left: 40px;"> <tr> <td style="padding-right: 20px;">1-3 yrs.</td> <td>Parent-Child Class</td> </tr> <tr> <td>3-5 yrs.</td> <td>Pre-School Levels</td> </tr> <tr> <td>6-10 yrs.</td> <td>Learn to Swim Levels 1&2</td> </tr> <tr> <td>7-12 yrs.</td> <td>Learn to Swim Levels 3&4</td> </tr> </table> | 1-3 yrs. | Parent-Child Class | 3-5 yrs. | Pre-School Levels | 6-10 yrs. | Learn to Swim Levels 1&2 | 7-12 yrs. | Learn to Swim Levels 3&4 | | |
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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 least 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