

Community Swim Club

American Red Cross
Learn-to-Swim Program



Learn-to-Swim (children about 6-14 years of age)

Designed to provide school-age children and young teens with a positive, developmentally appropriate aquatic learning experience, Red Cross Learn-to-Swim courses consist of a logical, six-level progression.

Level 1 - Introduction to Water Skills

Level Objective: Designed to orient participants to the aquatic environment and to help them gain basic aquatic skills. Participants may use our “bubble belts” and/or a noodle if needed for support in the water.

Level Prerequisites: Must be four (4) years of age by the last scheduled lesson

Learning Objectives:

- Enter and Exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Plus age-appropriate water safety topics

Level 2 - Fundamental Aquatic Skills

Level Objective: Builds on basic aquatic skills and water safety skills and concepts learned in Level 1. This level marks the beginning of independent aquatic locomotion skills. They do not use “bubble belts” at this level; only a noodle if needed, for support

Learning Objectives:

- Enter and exit water by stepping or jumping from the side
- Fully submerge and hold breath
- Bobbing
- Rotary breathing

- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action
- Plus age-appropriate water safety topics

Level 3 - Stroke Development

Level Objective: Builds on the skills in Level 2 through additional guided practice in deeper water.

Level Prerequisites: Learn-to-Swim level 2 (They should be able to swim rudimentary stroke of combined arm and leg actions on both front and back for the width of the pool.)

Learning Objectives:

- Enter water by jumping from the side, fully submerging and recovery
- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter and dolphin kicks on front
- Scissors and breaststroke kicks
- Front crawl and elementary backstroke
- Plus age-appropriate water safety topics

Level 4 - Stroke Improvement

Level Objective: Seeks to improve participant's proficiency in performing the strokes that were introduced in Level 3. Participants perform these strokes with increased proficiency and are able to swim them for greater distances

Level Prerequisites: Learn-to-Swim Level 3 skills (They should be comfortable swimming in length of the pool on both front and back as well as know front crawl with rotary breathing.

Learning Objectives:

- Headfirst entries from the side in compact and stride positions
- Swim under water
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks

- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back
- Plus age-appropriate water safety topics

Learn-to-Swim Level 5: Stroke Refinement

Level Objective: Focuses on helping participants refine their performance of all six swimming strokes: front, crawl, back crawl, butterfly, breaststroke, elementary back and sidestroke.

Learning Objectives:

- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Tread water legs only
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling
- Plus age-appropriate water safety topics

Level 6: Fitness Swimmer

Level Objective: To refine strokes and turns so students swim with more ease, efficiency, power and smoothness over greater distances.

Learning Objectives:

- Increase endurance by swimming the following strokes
 - Front crawl
 - Back crawl
 - Butterfly
 - Elementary backstroke
 - Breaststroke
 - Sidestroke
- Demonstrate the following turns while swimming:
 - Front crawl open turn
 - Backstroke open turn
 - Sidestroke open turn
 - Front flip turn
 - Backstroke flip turn
 - Breaststroke turn
 - Butterfly turn
- Surface dive and retrieve object
- Demonstrate etiquette in fitness swimming with circle swimming
- Demonstrate various training techniques such as interval training and aquatic exercise
- Calculate target heart rate