

AMERICAN RED CROSS LEARN TO SWIM CLASS DESCRIPTIONS

Parent & Tot: Developed for children 6 months to 3 years, Parent and Child Aquatics helps young children get ready to swim by emphasizing fun in the water. Parents and child participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more. One child per parent in class. **Prerequisite:** 6 months of age

Guppies: For the child that is ready for their own class without mom and dad. This class is designed to develop comfort in the water and to begin learning about floating, breath control and safety. **Prerequisite:** 3-5 years of age

Level 1: Begin developing positive attitudes, good swimming habits and safe practices in and around the water. **Prerequisite:** 5 years of age

Level 2: To give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position. **Prerequisite:** Enter water independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water. Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position.

Level 3: To build on the skills in Level 2 by providing additional guided practice in deeper water. **Prerequisite:** Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths.

Level 4: To develop participants' confidence in the strokes learned in Level 3 and to improve other aquatic skills. **Prerequisite:** Jump into deep water from the side, swim front crawl for 15 yards, and maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

Level 5: To further learn how to coordinate and refine strokes. **Prerequisite:** Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards

Level 6: To refine strokes so participants swim them with more ease, efficiency, power and smoothness and over greater distances. Teach students how to prevent aquatic emergencies in various aquatic environments. Introduce and practice self-rescue techniques. **Prerequisite:** Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards. Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.