

# RED CROSS - SWIM LESSONS

<p><b><u>Level 1: Introduction to Water Skills</u></b></p> <p>Purpose: Helps students become comfortable in the water.</p>	<p><b>Pre-Requisites:</b> Must be able to swim without their parents (and be able to separate from them) and have a buoyancy with a flotation device unsupported for a few moments. Usually, children are around 3-4 years old.</p> <p><b>Goals:</b> Must use a flotation device to exit/enter the water safely, swim on back and front using arm and leg actions with assistance, put chin in water and blow bubbles, float on front and back with assistance, follow basic water safety rule. The overall goal is to get the child comfortable paddling around with flotation, getting their face wet, and floating.</p>	
<p><b><u>Level 2: Fundamental Aquatic Skills</u></b></p> <p>Purpose: Gives students success with fundamental skills.</p>	<p><b>Pre-Requisite:</b> Comfortable in the water independently paddling around with a flotation device for short distances, able to put their chin into the water and blow bubbles, able to enter water by stepping or jumping from side. Usually children are 3-5 years old.</p> <p><b>Goals:</b> Bob up and down; learn how to swim using a noodle &amp; bubble properly; float on front and back; rollover from front to back and back to front; move in water using arm and leg motions; pickup submerged objects; knowledge of basic water safety. Overall goal is to require less dependency on flotation aids and be able to do skills without flotation aid to progress to level 3.</p>	
<p><b><u>Level 3: Stroke Development</u></b></p> <p>Purpose: Builds on skills in Level 2 through additional guided practice.</p>	<p><b>Pre-requisite:</b> Jump into deep water from side, come up and float for 10 seconds and swim back to the wall without flotation, float and glide on front and back.</p>	
<p><b>3 Low:</b> Swimmers know motions, coordination is poor, endurance only for 10 yards of swimming.</p>	<p><b>3 Mid:</b> Stroke coordination is improved, kicks are generally correct, needs refinement and endurance.</p>	<p><b>3 High:</b> Strokes are nearly perfect and goal is to be able to swim 25 yards of some strokes and kicks.</p>
<p><b><u>Level 4: Stroke Improvement</u></b></p> <p>Purpose: Develops confidence in all major strokes.</p>	<p><b>Pre-requisite:</b> 25 yards of front crawl and back crawl.</p> <p><b>Goals:</b> Learn and perfect the butterfly, breaststroke and side stroke, diving from standing position, treading water for 1 minute.</p>	
<p><b><u>Level 5: Stroke Refinement</u></b></p> <p>Purpose: Provides further coordination and refinement of strokes.</p>	<p><b>Pre-requisite:</b> Must be able to swim 25 yards of all four strokes and have some experience diving from the side.</p> <p><b>Goals:</b> Continue to prove endurance while maintaining their strokes. Learn to dive from the starting block, open and flip turns and strong finishes.</p>	