



American
Red Cross

Learn-to-Swim Levels

Level 1—Introduction to Water Skills: Helps participants feel comfortable in the water. • 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 • Combined arm and leg actions on front and back

Level 2—Fundamental Aquatic Skills: Gives participants success with fundamental skills. • Enter and exit water by stepping or jumping from the side • Fully submerge and hold breath • Bobbing • 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

Level 3—Stroke Development: Builds on the skills in Level 2 through additional guided practice in deeper water. • Enter water by jumping from the side • 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, scissor, dolphin and breaststroke kicks on front • Front crawl and elementary backstroke

Level 4—Stroke Improvement: Develops confidence in the skills learned and improves other aquatic skills. • 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

Level 5—Stroke Refinement: Provides further coordination and refinement of strokes. • 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 • Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly • Sculling

Level 6—Swimming and Skill Proficiency: Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with “menu” options that focus on preparing participants for more advanced courses, including the Water Safety Instructor, or other aquatic activities, such as competitive swimming or diving. Options include: • Fitness Swimmer • Personal Water Safety • Fundamentals of Diving