

American Red Cross Parent/Tot and Preschool Lesson Program

Parent/Tot (ages 6 months-5 years)

Pre-requisite: Child not able to place face in the water. (Parent required in the water for this class.)

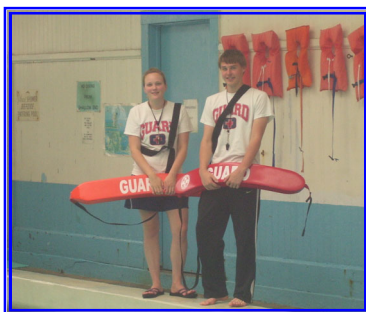
Emphasis on placing face in water, breath control, kicking, blowing bubbles, having fun and water safety.

Pre-school Level 1 Tadpole (ages 3-5)

Pre-requisite: Child not able to place face in water. (instructor led) Emphasis on placing face in water, breath control, kicking, blowing bubbles, having fun and water safety.

Pre-school Level 2 Guppy (ages 3-5)

Pre-requisite: Ability to place face in the water and go under. Emphasis on retrieving underwater objects, floating front and back, front crawl (assisted 3 body lengths) and water safety.



American Red Cross Learn to Swim Program

Level 1 Introduction to Water Skills (ages 6+)

Pre-requisite: Child not able to place face in the water. Emphasis on placing face in water, breath control, kicking, blowing bubbles, having fun and water safety.

Level 2 Fundamental Aquatic Skills

Pre-requisite: Ability to place face in water and go under. Emphasis on front crawl, finning on back, treading water and water safety.

Level 3 Stroke Development

Pre-requisite: Level 2 or ability to swim 5 yards unassisted on front. Emphasis on front crawl with breathing, elementary back stroke, sitting dive and water safety.

Level 4 Stroke Improvement

Pre-requisite: Level 3 or ability to swim 15 yards. Emphasis on front crawl, elementary backstroke, side stroke, breast stroke, standing dive and survival swimming. Introduction to the butterfly stroke.

Level 5 Stroke Refinement

Pre-requisite: Level 4 or ability to swim 25 yards using front crawl and elementary backstroke and 15 yards using breast stroke and back crawl. Emphasis on stroke refinement and starts and turns; endurance and water safety.

Level 6 Swimming and Skill Proficiency

Pre-requisite: Level 5 swimming skills. Emphasis on fundamentals of diving, fitness swimming and personal water safety.

Adult/Teen (ages 13+)

Pre-Requisite: Willingness to learn. Emphasis on relaxation, breath control, floating and learning how to swim.