Swim Lesson Levels Chart

Learning to swim is often very physically demanding. Each Level of the American Red Cross Program requires a participant to comfortably and effectively perform all the listed skills before moving into the next level. As the levels go up, so do the number and complexity of the required skills for students to learn. To have the time to successfully learn all skills, some students may need to repeat any particular level two or three times. Please choose the level that best suits your child.

Level 1 Introduction to Water Skills	**Level 2** Fundamental Aquatic Skills	**Level 3** Stroke Development
Purpose: Helps students feel comfortable in the water and enjoy the water safely. **What you Learn:** Enter and exit water safely, submerge mouth, nose and eyes, exhale and open eyes underwater, roll over from front to back and back to front with support, explore floating on front and back with support, explore swimming on front and back using arm and leg actions with support and use of a life jacket.	**Purpose:** Gives students success with fundamental skills. **What you Learn:** Enter water by stepping or jumping from the side, exit water safely using ladder or side, submerge entire head, blow bubbles (bobbing), open eyes underwater, float on front and back, front and back glides, change directions, roll over from front to back and back to front, treading water, and swim on front, back and side using combined arm and leg actions.	**Purpose:** Builds on the skills in Level 2 providing additional guided practice. **What you Learn:** Jump into deep water, diving in, bob with the head fully submerged, rotary breathing, front and back glides, float on front and back in deep water, change from horizontal to vertical position on front and back, front and back crawl, and butterfly=kick and body motion.
Level 4 Stroke Improvement	**Level 5** Stroke Refinement	**Level 6** Swimming & Skill Proficiency
Purpose: Develops confidence in the strokes learned and improves other aquatic skills. **What you Learn:** Perform standing dive, swim underwater, feet-first surface dive, open turns on front and back crawl, breaststroke, butterfly and elementary backstroke.	**Purpose:** Provides further coordination and refinement of strokes. **What you Learn:** Perform the following: Standing shallow dive, tuck and pike surface dive, front and back flip turns, front and back crawl, butterfly, breaststroke, elementary backstroke, sidestroke and survival swimming.	**Purpose:** Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. **What you Learn:** Level 6 is designed with "menu" options that focus on preparing students with a variety of activities. Options include: Personal Water Safety, Lifeguard Readiness, Fundamentals of Diving and Fitness Swimmer.