

# American Red Cross Swimming Requirements of Levels 1-6

Below are new lists of the skills taught in each level. Please sign your child up for the appropriate level. If he/she has an American Red Cross swimming certificate or prior experience in a different instructional program, please be sure that he/she can demonstrate all the skills in the levels below the one for which you are registering for.

*revised 7/27/09*

## Level 1 - Introduction to Water Skills

### Water Entry and Exit

Enter/exit water using ladder, steps, or side

### Breath Control/ Submerging

Blow bubbles through mouth and nose - 3 seconds

Bobbing - demonstrate 3 times

Open eyes under water, retrieve submerged objects - demonstrate 2 times in shallow water

### Buoyancy on Front

Front glide - two body lengths

Recover from front glide to vertical position

### Buoyancy on Back

Back glide - two body lengths

Back float - 3 seconds

Recover from back float/glide to vertical position

### Changing Direction/Position

Roll from front to back, back to front

### Treading

Arm and hand actions/ explore in chest-deep water

### Swim on Front - Demonstrate each at least two body lengths

Alternating leg action

Simultaneous leg action

Alternating/simultaneous arm action

Combined arm/leg actions on front

### Swim on Back - Demonstrate each at least two body lengths

Alternating leg action

Simultaneous leg action

Alternating/Simultaneous leg action

Combined arm and leg actions on back

### Water Safety

How to use and wear a lifejacket

How to call for help

### Exit Skills Assessment

1. Enter the water independently, using either the ladder, steps, or side, travel at least five yards, bob three times then safely exit the water.

Participants may walk, move along the gutter, or "swim."

2. Glide on front 2 body lengths, roll to back float 3 seconds, recover to vertical position.

## Level 2 - Fundamental Aquatic Skills

### Water Entry and Exit

Step/jump into water, exit using ladder, steps, or side

### Breath Control/ Submerging

Fully submerge, hold breath 5 seconds

Bobbing - demonstrate 5 times

Open eyes under water, retrieve submerged objects - demonstrate 2 times in chest-deep water

### Buoyancy on Front

Float face down: front, jellyfish, tuck float, 5 seconds each, recover to vertical position

Front glide 2 body lengths, recover to vertical position

### Buoyancy on Back

Back glide - two body lengths

Back float - 15 seconds

Recover from back float/glide to vertical position

### Changing Direction/Position

Roll from front to back, back to front

Change direction of travel while swimming on front or back

### Treading

Arm/leg action - demonstrate 15 seconds shoulder deep water

### Swim on Front

Combined arm/leg action on front - 5 body lengths

### Swim on Back - Demonstrate each at least two body lengths

Finning arm action - 5 body lengths

Combined arm/leg action on back - 5 body lengths

### Water Safety

Helping others, how to get help & reaching assists

Lifejacket use

### Exit Skills Assessment

1. Step from side into chest-deep water, move into front float for 5 seconds, roll to back, float 5 seconds, return to vertical position.

2. Push off and swim with combined arm and leg action on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, continue swimming 5 body lengths.

3. Swim 1 width of pool without stopping

## Level 3 - Stroke Development

### Water Entry

Jump into deep water

Headfirst entry from the side into water at least 9 feet deep in sitting, kneeling positions

### Breath Control/ Submerging

Bobbing while moving toward safety - demonstrate 5 times

Rotary breathing - demonstrate 10 times

### Buoyancy on Front

Survival float 30 seconds in deep water

### Buoyancy on Back

Back float - 30 seconds in deep water

### Changing Direction/Position

Change from vertical to horizontal position on front/back in deep water

### Treading

Tread water 30 seconds in deep water

### Swim on Front

Push off in streamlined position, begin flutter/dolphin kick 3-5 body lengths

Front crawl 15 yds.

### Swim on Back

Elementary backstroke - 15 yards

### Swim on Side

Scissors kick - 10 yds.

### Exit Skills Assessment

Jump into deep water from side, swim front crawl 15 yds., maintain position by treading or floating 30 seconds, swim elementary backstroke 15 yds.

## Level 4 - Stroke Improvement

### Water Entry

Headfirst entry from the side in compact/stride positions into water

at least 9 feet deep

### Breath Control/ Submerging

Swim under water 3-5 body lengths

Feet-first surface dive, submerge completely

### Buoyancy on Front

Survival swimming 30 seconds in deep water

### Changing Direction/Position

Front crawl open turn

Backstroke open turn

### Treading

Tread water using two different kicks - modified scissors, breaststroke, rotary

2 minutes

### Swim on Front

Front crawl 25 yds.

Breaststroke 15 yds

Butterfly 15 yds.

### Swim on Back

Push off in streamlined position, begin flutter/dolphin kick 3-5 body lengths

Elementary backstroke 25 yds

Back crawl 15 yds.

### Swim on Side

Sidestroke 15 yds.

### Exit Skills Assessment

1. Perform a feet-first entry into deep water, swim front crawl 25 yds., change direction and position as necessary and swim elem. Backstroke 25 yds.

2. Swim breaststroke 15 yds. , change direction and position as necessary and swim back crawl for 15 yds.

## Level 5 - Stroke Refinement

### Water Entry

Shallow-angle dive from side in water at least 9 feet deep  
Shallow-angle dive, glide two body lengths, begin any front stroke in water at least 9 feet deep

### Breath Control/ Submerging

Tuck and pike surface dives, submerge completely

### Changing Direction/Position

Front flip turn while swimming  
Backstroke flip turn while swimming

### Treading

Tread water 5 minutes

### Swim on Front

Front crawl 50 yds.  
Breaststroke 25 yds  
Butterfly 25 yds.

### Swim on Back

Elementary backstroke 50 yds  
Back crawl 25 yds.  
Sculling - standard scull, demonstrate 30 seconds

### Swim on Side

Sidestroke 25 yds.

### Exit Skills Assessment

1. Perform shallow-angle dive into deep water, swim front crawl 50 yds., change direction/position of travel as necessary, swim elementary backstroke 50 yds.
2. Swim breaststroke 25 yds, change direction/position of travel as necessary, swim back crawl 25 yds.

## Level 6 - Personal Water Safety

### Endurance Skills

Front crawl 100 yds.  
Elementary backstroke 100 yds.  
Back crawl 50 yds.  
Breaststroke 50 yds.  
Sidestroke 50 yds.  
Butterfly 50 yds.

### Turns

Front crawl/backstroke open turn  
Front/backstroke flip turn  
Sidestroke turn  
Butterfly turn  
Breaststroke turn

### Review Skills

Tuck/Pike surface dive  
Survival & Back floats- 5 minutes  
Survival swimming - 10 minutes  
HELP, Huddle positions - 2 minutes

### New Skills and Information

Treading water, kick only - 2 minutes  
Surface dive and retrieve an object, 7-10 feet deep

### Exit Skills Assessment

1. Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke
2. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.
3. Perform a feetfirst surface dive, retrieve an object from the bottom of the pool at a depth of 7-10 feet, return to surface and return to starting point.

## **Level 6 - Fitness Swimmer**

### **Swim on Front, Back, and Side**

Front crawl 100 yds.

Elementary backstroke 100 yds.

Back crawl 50 yds.

Breaststroke 50 yds.

Sidestroke 50 yds.

Butterfly 50 yds.

### **Turns**

Front crawl/backstroke open turn

Front/backstroke flip turn

Sidestroke turn

Butterfly turn

Breaststroke turn

### **Fitness Skills**

Circle swimming

Using a pace clock

Swimming using equipment - 25 yds.

-Pull buoys, fins, paddles

Setting up an exercise program

Training techniques

Calculating target heart rate

Aquatic exercise

### **Exit Skills Assessment**

1. Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke

2. Perform the Cooper 12 minute swim test, and compare results with the preassessment results

- Cooper test: encourages swimmer to cover greatest distance possible in 12 minutes