

# American Red Cross Swim Lesson Levels

Preschoolers Aged 4&5 must register for Preschool Lesson only.

Swimmers ages 6 & up should register for one of the following levels:

Participants must demonstrate skills before moving on to the next level.

## **Level 1: Water Exploration (Shallow water lesson)**

Fully submerge face in water  
Front and back float with support  
Kicking on front and back with support  
Enter and exit the water independently

## **Level II: Primary Skills (Shallow water lesson)**

Float on front and back unsupported for 5 seconds  
Swim on front 5 yards without assistance  
Swim on back 5 yards without assistance  
Retrieve objects under water chest deep

## **Level III: Stroke Readiness (Mid-pool lesson: shallow and deep)**

Swim the front crawl for 10 yards  
Swim the back crawl for 10 yards  
Jump into deep water  
Bobs in water over the child's head

## **Level IV: Stroke Development (Deep water lesson)**

Deep water bobs  
Standing dive from side of pool  
Elementary backstroke for 10 yards  
Front & back crawl 25 yards (entire length of pool)  
Breastroke & Sidestroke kick with kickboard

## **Level V: Stroke Refinement (Deep water lesson)**

Front & back crawl for 50 yards  
Breastroke & sidestroke for 10 yards  
Elementary backstroke for 25 yards

## **Level IV: Skill Proficiency (Deep water lesson)**

Front & back crawl 100 yards  
Breastroke & sidestroke 25 yards  
Swim the butterfly 10 yards  
Flip turn

## **Level IV: Advanced Skills (Deep water lesson)**

Swim continuously 500 yards using any strokes  
Backstroke flip turn  
Tread water for 5 minutes