

# **Description of American Red Cross Learn-to-Swim Program Courses**

## **Parent and Child Aquatics**

Developed for children 6 months to 3 years, Parent and Child Aquatics helps young children get ready to swim by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help kids learn elementary swimming skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.

## **Preschool Aquatics**

Students ages 4 and 5 learn water safety, survival skills and foundational swimming concepts in a safe and fun environment. Skills are age-appropriate, allowing students to achieve success on a regular basis.

## **Level 1: Introduction to Water Skills**

Students will be introduced to and become comfortable with: submerging mouth, nose, and eyes; blowing bubbles, breath control, back and front float with assistance, kicking and other fundamental skills.

## **Level 2: Fundamental Aquatic Skills**

Students will be introduced to and become comfortable with: unassisted front and back floats, recovery from floats, rolling over from back to front, back and front glides, kicking, and other fundamental skills.

## **Level 3: Stroke Development**

Students will become comfortable with the front and back crawl and will be introduced to the fundamental skills of several other strokes. Students will also become familiar with rotary breathing, survival floats, and will build upon the skills learned in previous levels.

## **Level 4: Stroke Improvement**

Students will develop confidence and continue to improve on the front and back crawl. Students will also be introduced to several other strokes. Diving rules and fundamentals will be built upon in level 4. Students will be introduced to open turns while swimming laps and treading water.

## **Level 5: Stroke Refinement**

Students will refine skills learned in previous levels and will continue to build upon all strokes to develop better endurance, stroke mechanics, and coordination.

## **Level 6: Swimming and Skill Proficiency**

Students will continue to refine strokes and skills previously learned so students have the ability to swim with ease, efficiency, power, and smoothness over greater distances. Level 6 will prepare students interested in taking the lifeguard training course.