Red Cross Swimming Lessons

Gaylord Area Aquatic Center

**Parent and Child Aquatics**  *Introduces basic skills to parents and children, including safety topics (age 0-3)*
- enter and exit water in age appropriate ways
- blow bubbles
- bobbing
- water exploration

**Preschool Aquatics for 3s and 4s**  *Helps participants feel comfortable in the water and begin learning basic skills (age 3-4)*
- use double or single “armies” for swimming
- enter and exit water using ladder, steps, or side
- blow bubbles through mouth and nose
- front glide/back float and recover to vertical position

**Preschool Aquatics for 5-Year-Olds**  *Builds on previous skills and improves coordination (age 5)*
(Students who successfully complete this level can progress to Level 1 or Level 2 at age 6)
- use single or no “armies” for swimming
- enter water by stepping or jumping in
- bobbing
- front glide/back float and recover to vertical position

**Level 1: Introduction to Water Skills**  *Helps participants feel comfortable in the water (age 6+)*
- enter water by stepping or jumping from the side
- fully submerge and hold breath
- bobbing
- front and back glides and back float
- recover to vertical position from front/back

**Level 2: Fundamental Aquatic Skills**  *Gives participants success with fundamental skills*
- exit water using ladder, steps, or side
- enter by jumping from the side
- bobbing while moving toward safety
- rotary breathing
- survival float
- back float

**Level 3: Stroke Development**  *Builds on the skills in Level 2 through additional guided practice in deeper water*
- headfirst entry from side in sitting/kneeling positions
- bobbing while moving toward safety
- treadmill entry
- survival swimming
- front crawl and backstroke open turns

**Level 4: Stroke Improvement**  *Develops confidence in the skills learned and improves other aquatic skills*
- headfirst entry from side in compact/stride positions
- swim under water
- feet first surface dive
- survival swimming
- front crawl and backstroke open turns

**Level 5: Stroke Refinement**  *Provides further coordination and refinement of strokes*
- headfirst angle dive from the side
- shooe and glide from side then glide/front stroke
- front flip turn/backstroke flip turn while swimming
- tread water

**Level 6: Stroke Improvement**  *Develops swimming with ease, efficiency, power, and smoothness over greater distances*
- improve all previous skills while building endurance
- shooe and glide from side then glide/front stroke
- bobbing while moving toward safety
- tread water

*Safety and water rescue*