

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
- front/back floats and glides
- roll front to back and back to front
- leg and arm actions
- safety

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
- roll front to back and back to front
- tread water using arm and hand actions
- leg and arm actions on front and back
- safety

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
- change direction of travel while swimming on front/back
- tread water using arm and leg actions
- combined leg and arm actions
- safety

Level 1: Introduction to Water Skills *Helps participants feel comfortable in the water (age 6+)*

- enter and exit water using ladder, steps, or side
- blow bubbles through mouth and nose
- bobbing
- front and back glides and back float
- recover to vertical position from front/back
- roll from front to back and back to front
- tread water using arm and hand actions
- alternating/simultaneous leg/arm actions on front/back
- staying safe around aquatic environments
- how to call for help

Level 2: Fundamental Aquatic Skills *Gives participants success with fundamental skills*

- enter water by stepping or jumping from the side
- exit water using ladder, steps, or side
- fully submerge and hold breath
- bobbing
- front, jellyfish, and tuck floats
- front and back glides and back float
- recover from front/back float/glide to vertical position
- roll from front to back and back to front
- change direction of travel while swimming on front/back
- tread water using arm and leg actions
- combined arm and leg actions on front/back
- finning arm action on back
- staying safe around aquatic environments
- how to call for help

Level 3: Stroke Development *Builds on the skills in Level 2 through additional guided practice in deeper water*

- enter by jumping from the side
- headfirst entry from side in sitting/kneeling positions
- bobbing while moving toward safety
- rotary breathing
- survival float
- back float
- change from vertical to horizontal position on front/back
- tread water
- push off and begin flutter/dolphin kicks on front
- front crawl and elementary backstroke
- scissors kick
- safety

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
- tread water using two different kicks
- front and back crawl, elementary backstroke
- breaststroke, sidestroke, butterfly
- push off and begin flutter/dolphin kicks on back
- safety

Level 5: Stroke Refinement *Provides further coordination and refinement of strokes*

- shallow-angle dive from the side
- shallow-angle dive from side then glide/front stroke
- tuck and pike surface dives
- front flip turn/backstroke flip turn while swimming
- tread water
- front and back crawl, elementary backstroke
- breaststroke, sidestroke, butterfly
- standard scull on back
- importance of first aid and CPR
- safety

Level 6: Stroke Improvement *Develops swimming with ease, efficiency, power, and smoothness over greater distances*

- improve all previous skills while building endurance
- safety and water rescue