

**AMERICAN RED CROSS
SWIMMING LESSONS
SKILLS CHECK LIST**

LEVEL: Preschool

(try w/parent then child alone)

age: 3 - 4 years

Water adjustment
Water entry
Front kick
Breath Control: Rhythmic bobbing
Breath Control: rotary breathing
Front Glide
Front float
Underwater exploration
Back float
Back glide
Combined Skills: back position
Beginner stroke
Safety skills: changing direction
Safety skills: bobbing to safety
Safety skills: treading water
Safety skills: PFD

LEVEL ONE

age: 5 + years

Fully submerge face for 3 seconds
10 bobs - check deep water
Supported Front float
Supported back float
Blowing Bubbles
Enter/Exit water independently
Walk in Chest-Deep Water 5 yds
Supported front kicking
Supported back kicking
Alternating Arms - 5 yds - chest deep
Basic water safety rules
Discuss safety personnel & EMS
Reading assists w/out equipment
Release Cramp
Wear life jacket - enter water
Optional:
view Longfellows Whale Tales
games to increase relaxation
Level II skills - breath control/floats

LEVEL TWO

Hold breath/fully submerge - 3 sec.
Retrieve objects - chest deep water
Orientation to deep water
Prone float/glide recovery - unsupported
Back float/glide recovery - unsupported
Leveling off from vertical
10 Bobs - supported optional
Step from side to chest deep water
Get out at side of pool
Front flutter kick
Back flutter kick
Finning on back
Back crawl arm action
Combined stroke front - 5 yards
Combined stroke back - 5 yards
Turning over - front to back
Turning over - back to front
Float with PFD face out - 1 min.
Reaching/extension assists
Assist non-swimmer to feet
Rescue breathing - demo/video
Optional:
Throwing assists
Games that reinforce skills
Level III skills - esp. locomotion

LEVEL THREE

Retrieve object - chest deep - no support
15 bobs - totally submerged
Bobbing to safety from deep water
Jump into deep water from side
Diving - kneeling and compact
Prone glide with push off
Back glide with push off
Coordinate arms/breathing - 10 yds (front crawl)
Coordinate back crawl - 10 yds
Elementary backstroke/kick - 10 yds
Reverse direction - front swimming
Reverse direction - back swimming
Learn safe diving rules - discuss
Tread water - demo
Jump into deep water with PFD
H.E.L.P. position - 1 minute demo
Huddle position - 1 minute demo
Learn to open airway - demo
OPTIONAL:
Survival floating
Treading water - various kicks
Sitting dive
Human chain rescue
Putting on PFD in deep water
Retrieving objects in deep water
Water volleyball/basketball

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LEVEL FOUR

Deep water bobbing - demo
Experiment with buoyancy & floating
Rotary breathing - demo (chest deep)
Diving - stride and standing
Elementary backstroke - 10 yds
Sculling on back 5 yds or 15 sec.
Front crawl - rotary breathing - 25 yds
Back crawl - 25 yds
Breast stroke kick - 10 yds
Scissors kick - 10 yds
Tread water - 2 min. (any kick style)
Learn rescue breathing
Become familiar w/CPR - video/demo

Optional:

Fitness activities
Inner tube water polo
Synchronized swimming skills
Butterfly lead up skills
Stride jump
Level V skills - esp. endurance

LEVEL SIX

Approach & hurdle from board
Jump tuck from board
Front crawl - 100 yds - 1 turn
Back crawl - 100 yds - 1 turn
Breast stroke - 25 yds
Side stroke - 25 yds
Butterfly - 10 yds
Approach stroke - 25 yds
Breast stroke turn - demo
Side stroke turn - demo
Breast stroke speed turn & pull down - demo
Front flip turn - demo
Pike surface dive - demo
Tread water - 3 min/1 without hands
Throwing rescue - demo
Roll spinal victim face-up - demo

OPTIONAL:

Survival swimming
Lap swimming for fitness endurance
Trudgen & trudgen crawl
Canoe, torpedo & stationary skills
Passing ball while treading
Safety skills from E.W.S.
Mini swim meets
Swimming to music
Level VII skills

LEVEL FIVE

Stroke refinement
Refinement of front crawl
Refinement of front back crawl
Refinement of backstroke
Refinement of breaststroke
Refinement of sidestroke
Introduce butterfly
Introduce surface dives
Introduce springboard diving