

Red Cross Learn to Swim

Swimming Lesson Level Exit Requirements

Level 1:

Enter the water independently, using either the ladder, steps or a side, travel at least 5 yards, bob 3 times. Then safely exit the water. (Participants can walk, move along the gutter or “swim”)

Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.)

Level 2:

Step from side into chest-deep water, move into a front float for 5 seconds then return to a vertical position.

Move into a back float for 5 seconds, roll to front then recover to a vertical position.

Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths. (Breaths can be assisted by the instructor.)

Level 3:

Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary back stroke for 15 yards.

Level 4:

Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.

Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

Level 5:

Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards.

Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl 25 yards.