Red Cross Swim Levels

Strong swimmers equal confident campers!



Jellyfish



1. Enter & exit the pool using the steps or the side

2. Blow bubbles - 3 secs

Starfish



- 1. Bobbing 5 times
- 2. Open eyes underwater & retrieve submerged toys
- 3. Front glide for 2 body lengths
- 4. Recover from front glide to a standing position

Seahorse



- standing position 3. Roll from front to back & back to front
- 4. Back glide for 2 body lengths
- 5. Treading action with arms

Otter



- 1. Enter by stepping or jumping from side
- 2. Exit using ladder, steps or side
- 3. Fully submerge & hold breath - 10 secs
- 4. Bobbing 10 times
- 5. Open eyes underwater to retrieve submerged object

Seal



- 1. Superman float w/glide 2 body lengths
- 2. Recover from front float to a standing position
- 3. Back float for 15 secs
- 4. Recover from back to a standing position
- 5. Roll from front to back & back to front
- 6. Combined arm & leg action on front for 2 body lengths
- 7. Combined arm & leg action on back for 2 body lengths

Sea Lion



- 1. Rotary breathing with beginning arm action - 5 times
- 2. Back glide 2 body lengths
- 3. Tread water for 15 secs
- 4. Combined arm & leg action on front for 5 body lengths
- 5. Combined arm and leg action on back for 5 body lengths

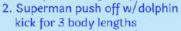
Barracuda



- 1. Jump in, recover to surface, and return to side of pool
- 2. Superman push off w/flutter kick for 3 body lengths
- 3. Back float for 15 secs
- 4. Tread water for 15 secs
- 5. Elementary backstroke arm action
- 6. Bobbing while moving toward safety - 15 times

Sailfish





- 3. Superman push off w/flutter
- 4. kick for 5 body lengths
- 5. Back float for 30 secs
- 6. Tread water for 30 secs
- 7. Survival float on front for 30 secs
- 8. Elementary backstroke leg action

Piranha



- 1. Headfirst kneeling entry
- 2. Back float for I minute
- 3. Tread water for I minute
- 4. Elementary backstroke for 15 yds
- 5. Front crawl w/rotary breathing for 15 yds
- 6. Breaststroke kick for 15 yds

Dolphin



- 1. Shallow-angle dive
- 2. Underwater swim for 3 5 body lengths
- 3. Front crawl for 50 yds
- 4. Elementary backstroke for 50 yds
- 5. Back crawl for 25 yds
- 6. Tread water for 5 mins
- 7. Surface dives tuck & pike



Shark



- 1. Shallow angle dive with underwater glide
- 2. Sculling on back for 30 secs
- 3. Front and back crawl flip turns
- 4. Breaststroke for 25 yds
- 5. Butterfly for 25 yds
- 6. Sidestroke for 25 yds
- 7. Tread water, using legs only, for 2 mins

Marlin

- 1. Headfirst entry, compact & stride positions
- 2. Underwater swim for 3 5 body lengths
- 3. Front crawl for 25 yds
- 4. Back crawl for 15 yds
- 5. Elementary backstroke for 25 yds
- 6. Scissor kick for 15 yds



Level 1: Introduction to Water Skills: Students will learn how to feel comfortable in the water and safely enjoy it.

Level 2: Fundamentals of Aquatic Skills: Children will learn basic swimming skills.

Level 3: Stroke Development: Additional guided practice will help students improve skills.

Level 4: Stroke Improvement: Kids will gain confidence during swim lessons, improve their stroke and gain additional aquatic skill

Level 5: Stroke Refinement: Guidance allows kids to refine their strokes and become more efficient swimmers.

Level 6: Swimming and Skill Proficiency: Students will learn to swim with ease and efficiency and gain the ability to swim smoothly over greater distances.