

Red Cross Swim Levels

Strong swimmers equal confident campers!



1

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



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

2

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

3

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



1. Headfirst sitting entry
2. Superman push off w/ dolphin kick for 3 body lengths
3. Superman push off w/ flutter kick for 5 body lengths
4. Back float for 30 secs
5. Tread water for 30 secs
6. Survival float on front for 30 secs
7. Elementary backstroke leg action

Piranha



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

4

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

5

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.