

AMERICAN RED CROSS GROUP SWIM LESSONS

- PARENT/CHILD INTRO TO SWIM
 - 6 months - 3 years | Ratio 10:1
 - Parent and Child Aquatics builds swimming readiness through games and songs. Parents will learn how to teach their children various skills to increase their child's confidence, coordination and safety in the water. Only one adult can accompany a child in the water. Children that are not potty trained are required to wear swim diapers.
- PRESCHOOL LEVEL 1
 - 3 to 5 years | Ratio 5:1
 - In Preschool Level 1, your child is introduced to basic water competency skills. Certain milestones are necessary for completion of Preschool Level 1, including:
 - Independently entering and exiting water safely.
 - Submerging mouth and blowing bubbles for at least three seconds.
 - Gliding on front for at least two body lengths with support.
 - Rolling to back and floating for three seconds with support.
 - Recovering to a vertical position with support.
 - All skills may be performed with support.
- PRESCHOOL LEVEL 2
 - 3 to 5 years | Ratio 5:1
 - Milestones necessary for completion of Preschool Level 2 include:
 - Glide on front for at least two body lengths, roll to back from front.
 - Glide on back for at least two body lengths, roll to front then recover to vertical position.
 - Float on back for 15 seconds, then recover to vertical position.
 - Swim using combined arm and leg action for at least three body lengths.
 - All skills may be performed with assistance.
- PRESCHOOL LEVEL 3
 - 3 to 5 years | Ratio 5:1
 - Additional water safety topics will be introduced in this level. Milestones necessary for completion of Preschool Level 3 include:
 - Pushing off the bottom and moving into a treading or floating position for 15 seconds, swimming on front and/or back for five body lengths and then exiting the water.
 - Floating on back for 15 seconds, rolling to front, then recovering to a vertical position.
 - Pushing off wall and swimming using combined arm and leg actions to swim on front for five body lengths, rolling to back, floating for 15 seconds, rolling to front then continuing to swim for five body lengths.
 - All skills are performed independently.
- PRESCHOOL LEVEL 4
 - 3 to 5 years | Ratio 5:1
 - Students begin to perform skills at a slightly more advanced level (MUST PASS PRESCHOOL 3 TO TAKE PRESCHOOL 4). This level is the beginning of independent swimming.
 - Students learn front crawl, elementary backstroke and headfirst diving safety. They are introduced to scissor kicks, dolphin kicks and diving from the pool's edge in a seated position. All skills are performed independently.
- LEVEL 1 | Intro to Water Skills
 - 6 to 12 years | Ratio 6:1
 - Students will learn to feel comfortable in the water. They will be introduced to basic water competency skills. Milestones necessary for completion of Level 1 include:

- Enter water independently, travel at least five yards on wall, bob five times, and then exit the water safely.
 - Glide on front at least two body lengths, roll to a back float for five seconds, then recover to a vertical position.
 - All skills may be performed with assistance.
- LEVEL 2 | Fundamental Aquatic Skills
 - 6 to 12 years | Ratio 6:1
 - Students begin to perform skills at a slightly more advanced level. This level is the beginning of independent swimming. Milestones necessary for completion of Level 2 include:
 - Pushing off the bottom and moving into a treading or floating position for 15 seconds, swimming on front and/or back for five body lengths and then exiting the water.
 - Floating on back for 15 seconds, rolling to front, then recovering to a vertical position.
 - Pushing off wall and swimming using combined arm and leg actions to swim on front for five body lengths, rolling to back floating for 15 seconds, rolling to front, then continuing to swim for five body lengths.
 - All skills are performed independently.
- LEVEL 3 | Stroke Development
 - 6 to 12 years | Ratio 6:1
 - Students learn front crawl, elementary backstroke and headfirst diving safety. They are introduced to scissor kicks, dolphin kicks and diving from the pool's edge in a seated position. *Level 3 milestones are discussed with instructor.*
- LEVEL 4 | Stroke Improvement
 - 6 to 12 years | Ratio 6:1
 - Students will increase endurance by swimming greater distances with familiar strokes. They will learn sidestroke, submerging and swimming under water, and an introduction to breaststroke and butterfly stroke. *Level 4 milestones are discussed with instructor.*
- LEVEL 5 | Stroke Refinement
 - 6 to 12 years | Ratio 6:1
 - Students refine performance for the six swimming strokes (front, back, side, elementary back and breaststrokes, and butterfly). They will learn front and back flip turns, and shallow angle dives into deep water. Standards are higher in regard to distance and quality. *Level 5 milestones are discussed with instructor.*
- LEVEL 6 | Swimming and Skill Proficiency
 - 6 to 12 years | Ratio 6:1
 - Students will swim 500 yards continuously, perform feet-first surface dives to retrieve objects from a depth of seven to 10 feet. *Level 6 milestones are discussed with instructor.*
- TEEN LEARN TO SWIM
 - 13 to 17 years | Ratio 6:1
 - Designed for teens with little to no water experience, this class will focus on getting comfortable in the water and basic swimming fundamentals (ex. floating, kicking, breath control and arm movements).
- ADULT/TEEN BEGINNER
 - 13 years and older | Ratio 6:1
 - Designed for adults with little to no water experience, this class will focus on getting comfortable in the water and basic swimming fundamentals (ex. floating, kicking, breath control and arm movements).
- ADULT/TEEN INTERMEDIATE
 - 13 AND OLDER | Ratio 6:1
 - Designed for adults and teens who have a grasp on the fundamentals of swimming (ex. floating, kicking, breath control and arm movements). This class will focus on improving basic swimming techniques and endurance in the water.