

REVISED RED CROSS SWIM LEVELS – SUMMER 2009

Individuals must be able to complete ALL skills to be passed into the next swim level.

Youth levels are for children ages 5+.

Preschool levels are for children 3-4 years of age. The new pre-school levels for these children are located on the next page.

| Youth Level 1 Skills | Youth Level 2 Skills | Youth Level 3 Skills |
|--|---|--|
| <p>Enter & exit water safely Submerge mouth, nose, and eyes</p> <p>Blow bubbles through mouth & nose – 3 sec.</p> <p>Open eyes underwater, pick up submerged object – 2 times</p> <p>Front glide – 2 body lengths Recover from fr. glide to vertical</p> <p>Back float – 3 sec. Recover from back to vertical</p> <p>Roll from front to back Roll from back to front</p> <p>Alternating leg action on front & back - 2 body lengths</p> <p>Simultaneous leg action on front & back – 2 body lengths</p> <p>Alternating arm action on front & back – 2 body lengths</p> <p>Simultaneous arm action on front & back – 2 body lengths</p> <p>Combined arm/leg action on front & back – 2 body lengths</p> <p>Treading arm action in chest deep water</p> <p>Treading arm action in chest deep water</p> <p><u>Safety Topics</u> of recognizing a LG, wearing a lifejacket, how to call for help</p> | <p>Enter water by jumping from side (shoulder deep water)</p> <p>Exit water safely using ladder or side</p> <p>Fully submerge and hold breath for 5 seconds</p> <p>Open eyes underwater, pick up submerged object – 2 times</p> <p>Maintain front float position – face in – 5 seconds</p> <p>Recover from a front float or glide to standing</p> <p>Maintain back float position – 15 seconds</p> <p>Recover from back float to standing</p> <p>Front & Back glide – 2 body lengths</p> <p>Roll front/back and back/front</p> <p>Treading using arms and legs for 15 seconds in shoulder-deep water</p> <p>Change direction while swimming while on front or back</p> <p>Finning arm action on back – 5 lengths</p> <p>Combined arm and leg action on front & back – 5 lengths</p> | <p>Jump into deep water from side</p> <p>Head first entry from sitting & kneeling</p> <p>Bobbing while moving toward safety – 5 bobs</p> <p>Rotary breathing – 10 times</p> <p>Survival float – 30 sec in deep water</p> <p>Back float – 30 seconds in deep water</p> <p>Change from vertical to horizontal pos. on front & back</p> <p>Push-off streamline & kick 3-5 body lengths with both flutter & dolphin kick</p> <p>Tread water in deep water – 30 sec</p> <p>Front crawl – 15 yards</p> <p>Elementary Backstroke – 15 yards</p> <p>Scissors kick – 10 yards</p> <p><u>Safety Topics</u> of reaching and throwing assists, knowing water depth</p> |
| Youth Level 4 Skills | Youth Level 5 Skills | Youth Level 6 Skills |
| <p>Dive from compact & stride position</p> <p>Swim underwater – 3-5 body lengths</p> <p>Feet first surface dive - submerge completely</p> <p>Survival swimming – 30 sec in deep water</p> <p>Open turn on front & back</p> <p>Tread water with 2 different kicks – 2 minutes</p> <p>Flutter kick on back in streamline position 3-5 body lengths</p> <p>Dolphin kick on back in streamline position 3-5 body lengths</p> <p>Front crawl – 25 yards Breaststroke – 15 yards</p> <p>Butterfly – 15 yards Back crawl – 15 yards</p> <p>Elementary backstroke – 25 yards</p> <p>Sidestroke – 15 yards</p> | <p>Shallow dive from side</p> <p>Shallow dive, glide 2 body lengths, begin any front stroke</p> <p>Tuck surface dive submerge completely</p> <p>Pike surface dive submerge completely</p> <p>Front & back flip turn while swimming</p> <p>Tread water – 5 minutes</p> <p>Front crawl – 50 yards Breaststroke – 25 yards</p> <p>Butterfly – 25 yards Elementary backstroke – 50 yards</p> <p>Backstroke – 25 yards Scull – 30 seconds</p> <p>Sidestroke – 25 yards</p> <p><u>Safety Topics</u> calling for help, recreational water illness, reach & throwing assists, waves & tides</p> | <p>Front crawl – 100 yards Back crawl – 50 yards</p> <p>Breaststroke – 50 yards</p> <p>Elementary backstroke – 100 yards</p> <p>Sidestroke - 50 yards Butterfly – 50 yards</p> <p>Front & Back crawl open turn while swimming</p> <p>Sidestroke open turn while swimming</p> <p>Front & Back crawl flip turn while swimming</p> <p>Circle swimming & using pace clock</p> <p>Using pull buoy, fins, paddles while swimming – 25 yards</p> |

NEW TO THE RED CROSS PROGRAM THIS YEAR!! Pre-school levels for children 3-4 years of age.

| Preschool Level 1 Skills | Preschool Level 2 Skills | Preschool Level 3 Skills |
|--|---|---|
| Enter & exit water safely | Enter water by jumping from side (shoulder deep water) | Jump into deep water from side - shoulder deep |
| Blow bubbles through mouth & nose – 3 sec. | Exit water safely using ladder or side | Fully submerge and hold breath for 5 sec. |
| Open eyes underwater, pick up submerged object – 2 times | Fully submerge and hold breath for 5 seconds | Bobbing – 5 times in chest-deep water |
| Front glide – 2 body lengths | Open eyes underwater, pick up submerged object – 2 times | Tuck float – 5 seconds |
| Back float – 3 sec. | Maintain front float position – face in – 5 seconds | Survival float – 30 sec in deep water |
| Roll from front to back | Recover from a front float or glide to vertical | Back float – 30 seconds in deep water |
| Alternating leg action on front & back - 2 body lengths | Maintain back float position – 15 seconds | Back glide – 2 lengths |
| Simultaneous leg action on front & back – 2 body lengths | Recover from back float to vertical | Recover from a front & back float or glide to vertical |
| Alternating arm action on front & back – 2 body lengths | Front & Back glide – 2 body lengths | Change direction while swimming on front or back |
| Simultaneous arm action on front & back – 2 body lengths | Roll front/back and back/front | Tread water in shoulder-deep water – 15 sec |
| Combined arm/leg action on front & back – 2 body lengths | Treading using arms and legs for 5 seconds in shoulder-deep water | Front crawl – 15 yards |
| Treading arm action in chest deep water | Change direction while swimming while on front or back | Finnning arm action on back – 5 lengths |
| | Finnning arm action on back – 3 lengths | Combined arm and leg action on front & back – 5 lengths |
| | Combined arm and leg action on front & back – 3 lengths | |