

**REVISED RED CROSS SWIM LEVELS – SUMMER 2010**

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

**Youth levels are for children ages 5+ .Pre-school levels are for children 3-4 years of age.**

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

**Pre-school levels for children 3-4 years of age.**

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