

# **Aquatics Instruction: Level Enrollment Information**

## **Level 1**

No prior instructional experience necessary.

## **Level 2**

Have a Level 1 certificate OR be able to do the following: Enter the water unassisted, move 5 yards, bob 5 times to chin level and safely exit the water. AND Float on front with support for 3 seconds, roll to back (w/assistance) and float on back with support for 3 seconds.

## **Level 3**

Have a Level 2 certificate OR be able to do the following: Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move back to a back float for 5 seconds and return to standing position. AND Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.

## **Level 4**

Have a Level 3 certificate OR be able to do the following: Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading water or floating for 30 seconds and swim back crawl 15 yards.

## **Level 5**

Have a Level 4 certificate OR be able to do the following: Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards. AND Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

See next page to view American Red Cross swimming levels.

## SLO Swim Center Swim Program: American Red Cross Swimming Levels

### Level 1 - Introduction to Water Skills

1. Enter & exit water using ladder, steps or side.
2. Submerge mouth, nose & eyes.
3. Blow bubbles through mouth & nose (3 seconds).
4. Open eyes, pick up a submerged object (2x).
5. Maintain front & back float w/ support (5 seconds).
6. Recover from front & back float to standing position.
7. Change direction while paddling or walking.
8. Roll over from front to back/ back to front.
9. Explore hand and arm movements (treading).
10. Alternating arm action, front & back (5 feet w/support).
11. Simultaneous arm action, front & back (5 feet w/support).
12. Alternating leg action, front & back (5 feet w/support).
13. Simultaneous leg action, front & back (5 feet w/support).
14. Combined stroke on front & back (5 feet w/support).
15. Water safety rules.

#### Exit skills:

#1: Enter unassisted, move 5 yards, bob 5 times to chin level and safely exit the water.

#2: Float on front with support for 3 seconds, roll to back (w/assistance) and float on back with support for 3 seconds.

### Level 2 - Fundamental Aquatic Skills

1. Enter chest deep water by stepping or jumping.
2. Exit water using ladder or side.
3. Submerge entire head (5 seconds).
4. Bobs (5x)
5. Retrieve submerged object (3x)
6. Front & back float, unsupported (5 seconds).
7. Recover from front & back float to standing, unsupported.
8. Front & back glide, unsupported (2 body lengths).
9. Jellyfish float (5 seconds).
10. Change direction while paddling on front or back.
11. Roll over front to back/ back to front, unsupported.
12. Tread water using arms and legs, unsupported.
13. Swim on front, using arms & legs (15 feet).
14. Finning & sculling arm action (10 feet).
15. Swim on back, using arms & legs (15 feet).
16. Alternating leg action on side, w/support (5 feet).
17. Simultaneous leg action on side, w/support (5 feet).
18. Water safety rules.

#### Exit skills:

#1: Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move back to a back float for 5 seconds and return to a standing position.

#2: Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.

### Level 3 - Stroke Development

1. Jump into deep water from the side.
2. Sitting or kneeling dive from the side.
3. Retrieve a submerged object in chest-deep water (3x).
4. Bobs with head fully submerged (5x).
5. Rotary breathing (5x).
6. Survival float in deep water (30 seconds).
7. Front & back glides w/ 2 different kicks (2 body lengths).
8. Back float in deep water (30 seconds).
9. Tread water (30 seconds).
10. Change from vertical to horizontal, front & back.
11. Front crawl (15 yards).
12. Butterfly kick & body motion (15 feet).
13. Back crawl (15 yards).
14. Water safety rules.

#### Exit skills:

Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds and swim back crawl 15 yards.

### Level 4 - Stroke Improvement

1. Compact or kneeling dive from side.
2. Swim under water (3 body lengths).
3. Feet-first surface dive.
4. Survival float (1 minute).
5. Back float (1 minute).
6. Open turn on front, push off streamlined position.
7. Open turn on back, push off streamlined position.
8. Tread water (1 minute).
9. Front crawl (25 yards).
10. Breaststroke (15 yards).
11. Butterfly (15 yards).
12. Back crawl (25 yards).
13. Elementary backstroke (15 yards).
14. Swim on side with scissors kick (15 yards).
15. Safe diving rules
16. Throwing assist
17. Care for a conscious choking victim.

#### Exit skills:

#1: Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards.

#2: Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

### Level 5 - Stroke Refinement

1. Shallow dive from side.
2. Shallow dive, glide 2 body lengths, begin any front stroke.
3. Swim underwater (15 yards).
4. Tuck & pike surface dives.
5. Survival float (2 minutes).
6. Back float (2 minutes).
7. Flip turn while swimming on front.
8. Flip turn while swimming on back.
9. Tread water using 2 different kicks (2 minutes).
10. Front crawl (50 yards).
11. Butterfly (25 yards).
12. Breaststroke (25 yards).
13. Back crawl (50 yards).
14. Elementary backstroke (25 yards).
15. Sidestroke (25 yards).
16. Survival swimming (2 minutes).
17. Rescue breathing.

#### Exit skills:

#1: Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards.

#2: Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

### Level 6 - Skills common to all 4 disciplines

1. Front crawl (100 yards).
2. Back crawl (100 yards).
3. Breaststroke (50 yards).
4. Elementary backstroke (50 yards).
5. Sidestroke (50 yards).
6. Butterfly (50 yards).
7. Front crawl open turn.
8. Sidestroke open turn.
9. Backstroke open turn.
10. Breaststroke turn.
11. Butterfly turn.
12. Backstroke flip turn.