

Learn-to-Swim Level 2: Beginner

Fundamental Aquatic Skills

Skills

- Step or jump from the side into shoulder-deep water
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing, 10 times
- Open eyes under water and retrieve submerged objects
- Rotary breathing
- Front, jellyfish and tuck floats for 10 seconds
- Front glide and recover to a vertical position
- Back glide and recover to a vertical position
- Back float for 15 seconds
- Roll from front to back and back to front
- Tread water for 15 seconds
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front

- Combined arm and leg actions on back
- Finning arm action on back

Exit Assessment

- Step from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
- Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
- Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for at least 5 body lengths.

Safety Focus

- Staying safe around water
- Don't Just Pack It, Wear Your Jacket
- Recognizing an emergency
- How to call for help
- Too Much Sun Is No Fun
- Look Before You Leap
- Think So You Don't Sink
- Reach or Throw, Don't Go
- The danger of drains

Instructor _____

Location _____

Comments _____

Date _____

You have successfully completed all skills and are ready to enroll in the next level!

Instructor Signature _____

American Red Cross

Learn-to-Swim Level 3: Intermediate

Stroke Development

Skills

- Jump into deep water from the side, submerge, return to the surface then to the side
- Headfirst entry from the side in seated and kneeling positions
- Bobbing while moving to safety
- Rotary breathing
- Survival float for 30 seconds
- Back float for 1 minute
- Tread water for 1 minute
- Change from vertical to horizontal position on front and back
- Push off in streamlined position on front, then begin kicking
- Swim front crawl for 15 yards
- Swim elementary backstroke for 15 yards
- Flutter, scissors, breaststroke, and dolphin kicks

Exit Assessment

- Jump into deep water from the side, recover to the surface, maintain position by treading or floating for

Instructor _____

Location _____

Comments _____

Date _____

You have successfully completed all skills and are ready to enroll in the next level!

Instructor Signature _____

- 1 minute, rotate one full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.
- Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke 15 yards, then exit the water.

Safety Focus

- Reach or Throw, Don't Go
- Think Twice Before Going Near Cold Water or Ice
- Look Before You Leap
- Developing breath control safely
- Making good decisions—choosing an exit point

