

Swim Lesson Flow Chart--Questions to help determine swim level; to be asked in succession.

- 1) Has child preciously taken Red Cross lessons? Was level completed and successfully passed?
Yes--passed level 1-2-3-4 Sign up for next level (consider repeating if taken more than a year ago)
No--continue
- 2) Age of child? 1-2 years Offer Parent Child Classes A or B
 2-4 years Preschool only if he/she can separate from parent, (swimming Diapers)
 5-13 Continue with questions to determine swim level
- 3) Is child dependent on water wings while in water? No—continue Yes—level 1
- 4) Does child comfortably put his/her head under water? No—Begin level 1 Yes—continue
- 5) Does child comfortably blow bubbles with face flat in the water? No---Level 1 Yes---continue
- 6) Does child float on their back or stomach unassisted? No—Begin level 1 Yes—continue
- 7) Does child push away from edge of pool and glide with face in water? No—Begin level 2 Yes—cont.
- 8) Does child jump into deep water and return to side unassisted? No---Level 3 Yes---continue
- 9) Does child swim 25 meters? (Length of pool) No---level 3 Yes---level 4
- 10) Does child tread water in the deep end of pool? No---level 3 Yes---level 4

**Sometimes parents confuse their child's swim ability because they swim under water. If they are unable to swim on top of the water, they are not necessarily water safe.

Swim Level Entrance Skills

Parent Child Aquatics

For the child 6 months to 4 years, accompanied by a parent.

Preschool Aquatics

For the preschool age child (2-4 only) who has a desire to learn and can separate from parent.

If not potty trained, they need to be in swim diaper.

Introduction to Water, Level 1

For the child who has desire to learn and can separate from parent

Fundamental Skills, Level 2

For the child who will submerge mouth, nose, and eyes

Blow bubbles through mouth and nose

Comfortable maintaining front / back float and recover to standing position

Swim on front & back; explores arm & leg action for at lease five feet w/support

Stroke Development, Level 3

For the child who will submerge head in rhythmic pattern (bobs)

Open eyes underwater, pick up submerged object

Comfortable floating face-down

Push off from edge on front and back with glide

Roll over from front to back and back to front

Combine arm/leg action, using any combination of alternating and simultaneous action on front & back.

Stroke Improvement, Level 4

For the child who will jump into deep water, head first entry, sitting or kneeling position

Submerge and retrieve object, bobs with head fully submerged

Rotary breathing with the body in a horizontal position

Swim front / back crawl 25 yards and comfortable in the deep water