



## Learn to Swim - Preschool Aquatics Level 1

Your camper will be participating in Preschool Aquatics Level 1 swim lessons this summer. They will be introduced to basic skills as the foundation for future skills. It is quite common for children to participate in several sessions of Level 1 before they are able to successfully demonstrate all the skills. Certain milestones are necessary for successful completion of Level 1, including:

- ☺ Entering the water independently using the ladder, steps or side and travel at least 5 yards
- ☺ Submerge mouth and blow bubbles for at least 3 seconds
- ☺ Exit the water safely
- ☺ Gliding on front, with support, at least 2 body lengths
- ☺ Rolling to a back float for 3 seconds with support
- ☺ Recovering to a vertical position with support



### What comes next?

There are three levels of the American Red Cross Preschool Learn to Swim Program. After successfully completing Preschool Aquatics Level 1, children are ready to move onto Preschool Aquatics Level 2 where they will learn such skills as:

- ☺ Floating without support
- ☺ Recovering to a vertical position
- ☺ Exploring simultaneous and alternating arm and leg actions for swimming on front and back
- ☺ Learn more self-help and basic rescue skills



### How to Help at Home

- ☺ Talk to you child about what they have learned in their swim lesson to help them develop safe practices for camp, home and any aquatic environment where they swim.
- ☺ Encourage your child to try the skills they have learned during camp with you after camp or on the weekends
- ☺ Understand that children develop at different rates and avoid putting pressure on achievement. Encourage your child to enjoy swim lessons and take pride in personal successes.
- ☺ If you or your child has any questions about swim lessons do not hesitate to ask. Call or email the office and the Aquatics Director will be happy to discuss your child's progress.



## Learn to Swim Preschool Aquatics Level 2

Your camper will be participating in Preschool Aquatics Level 2 swim lessons this summer. They will improve on the basic skills learned in Preschool Aquatics Level 1 and continue to build a foundation for future skills. Certain milestones are necessary for successful completion of Level 2, including:

- ☺ Gliding on front at least 2 body lengths
- ☺ Roll to back, back float for 5 second, recover to a vertical position
- ☺ Gliding on back for at least 2 body lengths
- ☺ Rolling to back, floating for 5 seconds, rolling to front then continuing to swim on front for 3 body lengths

### What comes next?

There are three levels of the American Red Cross Preschool Aquatics Learn to Swim Program. After successfully completing Level 2 children are ready to move onto Level 3 where they will learn such skills as:

- ☺ Build on skills in Level 2
- ☺ Coordinate combined simultaneous arm and leg actions and alternating arm and leg actions
- ☺ Learn additional safety skills



### How to Help at Home

- ☺ Talk to you child about what they have learned in their swim lesson to help them develop safe practices for camp, home and any aquatic environment where they swim.
- ☺ Encourage your child to try the skills they have learned during camp with you after camp or on the weekends
- ☺ Understand that children develop at different rates and avoid putting pressure on achievement. Encourage your child to enjoy swim lessons and take pride in personal successes.
- ☺ If you or your child has any questions about swim lessons do not hesitate to ask. Call or email the office and the Aquatics Director will be happy to discuss your child's progress.





## Learn to Swim Level 1 - Introduction to Water Safety Skills

Your camper will be participating in Level 1 swim lessons this summer. They will be introduced to basic skills as the foundation for future skills. Certain milestones are necessary for successful completion of Level 1, including:

- ☺ Entering the water independently using the ladder, steps or side
- ☺ Traveling at least 5 yards, bobbing 3 times and safely exiting the water
- ☺ Gliding on front, with support, at least 2 body lengths
- ☺ Rolling to a back float for 3 seconds with support
- ☺ Recovering to a vertical position with support

### What comes next?

There are six levels of the American Red Cross Learn to Swim Program. After successfully completing Level 1, children are ready to move onto Level 2 – Fundamental Aquatic Skills where they will learn such skills as:

- ☺ Floating without support
- ☺ Recovering to a vertical position
- ☺ Continuing to build a foundation for future stroke development
- ☺ Exploring various arm and leg actions for swimming on front and back



### How to Help at Home

- ☺ Talk to your child about what they have learned in their swim lesson to help them develop safe practices for camp, home and any aquatic environment where they swim.
- ☺ Encourage your child to try the skills they have learned during camp with you after camp or on the weekends
- ☺ Understand that children develop at different rates and avoid putting pressure on achievement. Encourage your child to enjoy swim lessons and take pride in personal successes.
- ☺ If you or your child has any questions about swim lessons do not hesitate to ask. Call or email the office and the Aquatics Director will be happy to discuss your child's progress.





## Learn to Swim Level 2 - Fundamental Aquatic Skills

Your camper will be participating in Level 2 swim lessons this summer. They will improve on the basic skills learned in Level 1 and continue to build a foundation for future skills. Certain milestones are necessary for successful completion of Level 2, including:

- ☺ Stepping from the side into chest-deep water
- ☺ Front float for 5 seconds, roll to back, back float for 5 second, recover to a vertical position
- ☺ Back float 5 seconds, roll to front then recover to a vertical position
- ☺ Push off and swim using combined arm and leg action on front for 5 body lengths, roll to back, float 15 seconds, roll to front and continue swimming for 5 body lengths

### What comes next?

There are six levels of the American Red Cross Learn to Swim Program. After successfully completing Level 2 children are ready to move onto Level 3 – Stroke Development where they will learn such skills as:

- ☺ Front Crawl
- ☺ Elementary Backstroke
- ☺ Scissor and dolphin kick
- ☺ Fundamentals of treading water



### How to Help at Home

- ☺ Talk to you child about what they have learned in their swim lesson to help them develop safe practices for camp, home and any aquatic environment where they swim.
- ☺ Encourage your child to try the skills they have learned during camp with you after camp or on the weekends
- ☺ Understand that children develop at different rates and avoid putting pressure on achievement. Encourage your child to enjoy swim lessons and take pride in personal successes.
- ☺ If you or your child has any questions about swim lessons do not hesitate to ask. Call or email the office and the Aquatics Director will be happy to discuss your child's progress.





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## Learn to Swim Level 3 - Stroke Development

Your camper will be participating in Level 3 swim lessons this summer. They will be introduced to new swimming skills and continue to build on previously learned skills. Certain milestones are necessary for successful completion of Level 1, including:

- ☺ Jumping into deep water from the side of the pool
- ☺ Swimming Front Crawl for 15 yards
- ☺ Maintain body position by treading or floating for 30 seconds
- ☺ Swimming Elementary Backstroke for 15 yards

### What comes next?

There are six levels of the American Red Cross Learn to Swim Program. After successfully completing Level 3, children are ready to move onto Level 4 - Stroke Improvement where they will learn such skills as:

- ☺ Increase endurance swimming familiar strokes
- ☺ Build on Scissor and Dolphin Kicks by adding Sidestroke and Butterfly arms
- ☺ Learn the Back Crawl
- ☺ Learn Breast Stroke
- ☺ Learn basics of turning at wall



### How to Help at Home

- ☺ Talk to you child about what they have learned in their swim lesson to help them develop safe practices for camp, home and any aquatic environment where they swim.
- ☺ Encourage your child to try the skills they have learned during camp with you on the weekends
- ☺ Understand that children develop at different rates and avoid putting pressure on achievement. Encourage your child to enjoy swim lessons and take pride in personal successes.
- ☺ If you or your child has any questions about swim lessons do not hesitate to ask. Call or email the office and the Aquatics Director will be happy to discuss your child's progress.





## Learn to Swim Level 4 - Stroke Improvement

You will be participating in Level 4 swim lessons this summer. They will improve on skills learned in Level 3 and continue to learn new skills to become better and safer swimmers. Certain milestones are necessary for successful completion of Level 4, including:

- ☺ Swimming Front Crawl for 25 yards
- ☺ Swimming Elementary Backstroke for 25 yards
- ☺ Swimming Breaststroke for 15 yards
- ☺ Swimming Back Crawl for 15 yards
- ☺ Open turns on front and back

### What comes next?

There are six levels of the American Red Cross Learn to Swim Program. After successfully completing Level 4 children are ready to move onto Level 5 - Stroke Refinement where they will learn such skills as:

- ☺ Refine their performance of all strokes including: Front and Back Crawl, Butterfly, Breaststroke, Elementary Backstroke and Sidestroke
- ☺ Increase endurance
- ☺ Learn Flip Turns



### How to Help at Home

- ☺ Talk to your child about what they have learned in their swim lesson to help them develop safe practices for camp, home and any aquatic environment where they swim.
- ☺ Encourage your child to try the skills they have learned during camp with you after camp or on the weekends
- ☺ Understand that children develop at different rates and avoid putting pressure on achievement. Encourage your child to enjoy swim lessons and take pride in personal successes.
- ☺ If you or your child has any questions about swim lessons do not hesitate to ask. Call or email the office and the Aquatics Director will be happy to discuss your child's progress.







## Learn to Swim Level 5 - Stroke Refinement

Your camper will be participating in Level 5 swim lessons this summer. They will be introduced to new swimming skills and continue to build on previously learned skills. Certain milestones are necessary for successful completion of Level 5, including:

- ☺ Swimming Front Crawl for 50 yards
- ☺ Swimming Elementary Backstroke for 50 yards
- ☺ Swimming Breaststroke for 25 yards
- ☺ Swimming Back Crawl for 25 yards

### What comes next?

There are six levels of the American Red Cross Learn to Swim Program. After successfully completing Level 5, children are ready to move onto Level 6 - Personal Water Safety where they will learn such skills as:

- ☺ Swimming 500 yards continuously using any 3 strokes of choice, at least 50 yards of each stroke
- ☺ Jumping in deep water and performing a survival float for 5 minutes
- ☺ Performing a surface dive, retrieving an object from the bottom of the pool at 8 feet, returning to the surface and returning to the starting point.



### How to Help at Home

- ☺ Talk to your child about what they have learned in their swim lesson to help them develop safe practices for camp, home and any aquatic environment where they swim.
- ☺ Encourage your child to try the skills they have learned during camp with you on the weekends
- ☺ Understand that children develop at different rates and avoid putting pressure on achievement. Encourage your child to enjoy swim lessons and take pride in personal successes.
- ☺ If you or your child has any questions about swim lessons do not hesitate to ask. Call or email the office and the Aquatics Director will be happy to discuss your child's progress.



## Learn to Swim Level 6 - Personal Water Safety

Your camper will be participating in Level 6 swim lessons this summer. They will be introduced to new swimming skills and continue to build on previously learned skills. Certain milestones are necessary for successful completion of Level 6, including:

- ☺ Swimming 500 yards continuously using any 3 stroke of choice, at least 50 yards of each stroke
- ☺ Jumping in deep water and performing a survival float for 5 minutes
- ☺ Performing a surface dive, retrieving an object from the bottom of the pool at 8 feet, returning to the surface and returning to the starting point.



### What comes next?

Swimmers who take a Level 6 course are often preparing for more advanced courses such as Guard Start or Lifeguarding. Some participants might be preparing for other aquatic activities such as competitive swimming or diving. Because of the variety of skills this level offers, participants can repeat it to focus on different goals each time.

### How to Help at Home



- ☺ Talk to your child about what they have learned in their swim lesson to help them develop safe practices for camp, home and any aquatic environment where they swim.
- ☺ Encourage your child to try the skills they have learned during camp with you on the weekends
- ☺ Understand that children develop at different rates and avoid putting pressure on achievement. Encourage your child to enjoy swim lessons and take pride in personal successes.
- ☺ If you or your child has any questions about swim lessons do not hesitate to ask. Call or email the office and the Aquatics Director will be happy to discuss your child's progress.