

American Red Cross

American Red Cross



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# Swim Lessons

Achievement Booklet

This achievement booklet belongs to:

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# Preschool Aquatics

## Preschool Level 1\*

### Skills

- Enter water using ramps, steps or side
- Exit water using ladder, steps or side
- Blow bubbles for 3 seconds
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front glide and recover to a vertical position
- Back glide and recover to a vertical position
- Back float for 3 seconds
- Roll from front to back and back to front
- Arm and hand treading actions
- Alternating and simultaneous leg actions and arm actions on front
- Alternating and simultaneous leg actions and arm actions on back
- Combined arm and leg actions on front
- Combined arm and leg actions on back

### Exit Assessment: With Support

- Enter independently, using either the ramp, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water. (Children can walk, move along the gutter or "swim".)
- While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position.

### Safety Focus

- Staying safe around water
- Recognizing the lifeguards
- Don't Just Pack It, Wear Your Jacket
- Recognizing an emergency
- How to call for help
- Too Much Sun is No Fun

\*Level 1 skills may be performed with support.



Instructor \_\_\_\_\_ Date \_\_\_\_\_

Location \_\_\_\_\_

Comments \_\_\_\_\_

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

Instructor Signature \_\_\_\_\_

American Red Cross

# Congratulations! You've earned the following badges:

## Preschool Aquatics Levels 1 and 2 and Learn-to-Swim Level 1

- Exploring Under Water
- Swim and Exit
- How to Call for Help

## Preschool Aquatics Level 3 and Learn-to-Swim Level 2

- Bobbing
- Combined Stroke on Front with Breaths

## Learn-to-Swim Level 3

- Back Float
- Water Competency
- Life Jacket
- Reach or Throw, Don't Go
- My First 25

## Learn-to-Swim Level 4

- Tread Water
- Elementary Backstroke
- Sidestroke
- My First 50
- Lifeguard Prep
- WSI Prep

## Learn-to-Swim Level 5

- Front Crawl
- Breaststroke
- Backstroke
- Butterfly
- Flip Turn
- Shallow-angle Dive
- 100-yard Swim

Instructor: Please initial next to each badge earned.

*Share your badges and get even more out of your swim lessons with the Swim App.*



Text SWIM to 90999, and we'll send you a link to download the app, or search the iTunes® app store or Google Play™ for American Red Cross.



# Learn-to-Swim Level 6: Advanced

## Advanced Options

### Skills

- Surface dive and retrieve object from the bottom, 7–10 feet deep

### Swimming:

- Front crawl for 100 yards
- Elementary backstroke for 100 yards
- Breaststroke for 50 yards
- Back crawl for 50 yards
- Butterfly for 50 yards
- Sidestroke for 50 yards
- Demonstrate open turns and front and back flip turns when swimming

### Exit Assessment

- Swim 500 yards continuously, using any 3 strokes of choice, swimming at least 50 yards of each stroke.

**Note:** Additional exit assessments are required, depending on the course option selected.

### Safety Focus

- Learn About Boating Before You Go Floating
- Think So You Don't Sink
- Swim as a Pair Near a Lifeguard's Chair
- Look Before You Leap
- The danger of drains
- The dangers of hyperventilation and extended breath-holding

### Course Options

- Fitness Swimmer
- Personal Water Safety
- Fundamentals of Diving



Instructor \_\_\_\_\_ Date \_\_\_\_\_

Location \_\_\_\_\_

Comments \_\_\_\_\_

- You have successfully completed all skills! Congratulations!

Instructor Signature \_\_\_\_\_

# Preschool Aquatics

## Preschool Level 2\*

### Skills

- Enter water by stepping in from deck or low height
- Exit water using ladder, steps or side
- Bobbing, 5 times
- Open eyes under water and retrieve submerged objects
- Front glide and recover to a vertical position
- Front float for 3 seconds
- Back glide and recover to a vertical position
- Back float for 15 seconds
- Roll from front to back and back to front
- Tread water using arm and leg actions for 15 seconds
- Combined arm and leg actions on front
- Finning arm action on back
- Combined arm and leg actions on back

### Exit Assessment: With Assistance

- Glide on front at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position.



- Glide on back for at least 2 body lengths, roll to front, then recover to a vertical position.
- Swim using combined arm and leg actions on front for at least 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for at least 3 body lengths.

### Safety Focus

- Staying safe around water
- Recognizing the lifeguards
- Don't Just Pack It, Wear Your Jacket
- Recognizing an emergency
- How to call for help
- Too Much Sun is No Fun

\*Level 2 skills may be performed with assistance.

Instructor \_\_\_\_\_ Date \_\_\_\_\_

Location \_\_\_\_\_

Comments \_\_\_\_\_

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

Instructor Signature \_\_\_\_\_

# Preschool Aquatics

## Preschool Level 3\*

### Skills

- Jump in to shoulder-deep water
- Fully submerge and hold breath for 10 seconds
- Bobbing, 10 times
- Rotary breathing
- Front glide and recover to a vertical position
- Front, jellyfish and tuck floats for 10 seconds
- Back glide and recover to a vertical position
- Back float for 15 seconds
- Change direction of travel while swimming on front or back
- Tread water for 30 seconds
- Combined arm and leg actions on front
- Finning arm action on back
- Combined arm and leg actions on back

### Exit Assessment: Independently

- Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for 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 5 body lengths.

### Safety Focus

- The danger of drains
- Don't Just Pack It, Wear Your Life 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

\*Level 3 skills are performed independently.



Instructor \_\_\_\_\_ Date \_\_\_\_\_

Location \_\_\_\_\_

Comments \_\_\_\_\_

You have successfully completed all skills and are ready to enroll in Learn-to-Swim Level 3.

Instructor Signature \_\_\_\_\_

# Learn-to-Swim Level 5: Advanced

## Stroke Refinement

### Skills

- Shallow-angle dive into deep water
- Tuck surface dive
- Pike surface dive
- Tread water for 5 minutes
- Tread water, using legs only, for 2 minutes
- Sculling for 30 seconds

### Swimming:

- Front crawl for 50 yards
- Elementary backstroke for 50 yards
- Breaststroke for 25 yards
- Back crawl for 25 yards
- Butterfly for 25 yards
- Sidestroke for 25 yards
- Front flip turn
- Backstroke flip turn

### Exit Assessment

- Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, then swim elementary

backstroke for 50 yards, using appropriate and efficient turning styles throughout.

- Swim breaststroke for 25 yards, change direction and position of travel as necessary, and swim back crawl for 25 yards, using appropriate and efficient turning styles throughout.

### Safety Focus

- How to call for help and the importance of knowing first aid and CPR
- Recreational water illnesses
- Reach or Throw, Don't Go
- Look Before You Leap
- Think So You Don't Sink
- Think Twice Before Going Near Cold Water or Ice
- Wave, Tide or Ride, Follow the Guide



Instructor \_\_\_\_\_ Date \_\_\_\_\_

Location \_\_\_\_\_

Comments \_\_\_\_\_

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

Instructor Signature \_\_\_\_\_

# Learn-to-Swim Level 4: Intermediate

## Stroke Improvement

### Skills

- Headfirst entry in compact and stride positions
- Feetfirst surface dive
- Swim underwater
- Tread water, using 2 different kicks
- Survival swimming for 1 minute

### Swimming:

- Front crawl for 25 yards
- Elementary backstroke for 25 yards
- Breaststroke for 15 yards
- Back crawl for 15 yards
- Butterfly for 15 yards
- Sidestroke for 15 yards
- Open turns on the front and back
- Flutter and dolphin kicks on back
- Push off in streamlined position on back, then begin kicking

### Exit Assessment

- Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary, and swim elementary backstroke for 25 yards.
- Swim breaststroke for 15 yards, change direction and position as necessary, and swim back crawl for 15 yards.
- Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.

### Safety Focus

- Reaching assist
- Throwing assist
- Recreational water illnesses
- Think So You Don't Sink
- Look Before You Leap



Instructor \_\_\_\_\_ Date \_\_\_\_\_

Location \_\_\_\_\_

Comments \_\_\_\_\_

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

Instructor Signature \_\_\_\_\_

# Learn-to-Swim Level 1: Beginner

## Introduction to Water Skills\*

### Skills

- Enter water using a ramp, steps or side
- Exit water using ladder, steps or side
- Blow bubbles for 3 seconds
- Bobbing, 5 times
- Open eyes under water and retrieve submerged objects
- Front glide and recover to a vertical position
- Back glide and recover to a vertical position
- Back float for 5 seconds
- Roll from front to back and back to front
- Treading water arm and hand actions
- Alternating and simultaneous leg and arm actions on front
- Alternating and simultaneous leg and arm actions on back
- Combined arm and leg actions on front
- Combined arm and leg actions on back

### Exit Assessment

- Enter independently, travel at least 5 yards, bob 5 times, then safely exit the water.
- Glide on front at least 2 body lengths, roll to a back float for 5 seconds, and recover to a vertical position.

### Safety Focus

- Staying safe around water
- Recognizing the lifeguards
- Don't Just Pack It, Wear Your Jacket
- Recognizing an emergency
- How to call for help
- Too Much Sun Is No Fun

\*Level 1 skills may be performed with assistance.



Instructor \_\_\_\_\_ Date \_\_\_\_\_

Location \_\_\_\_\_

Comments \_\_\_\_\_

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

Instructor Signature \_\_\_\_\_

# 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 \_\_\_\_\_ Date \_\_\_\_\_

Location \_\_\_\_\_

Comments \_\_\_\_\_

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

Instructor Signature \_\_\_\_\_

# 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

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



Instructor \_\_\_\_\_ Date \_\_\_\_\_

Location \_\_\_\_\_

Comments \_\_\_\_\_

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

Instructor Signature \_\_\_\_\_