

Determining the appropriate level for your child using the Red Cross Guidelines:

If your student has taken a Red Cross-sponsored swimming lesson in the past, refer to the last card he or she received. Please use the following guidelines to determine what level is appropriate for your child. **Please keep in mind that often children need to take a level more than once in order to pass it.** The average ages given below are meant as a guideline.

Preschool Level 1

- **Age 4-5**
- Orients children to aquatic environment and helps them gain basic aquatic skills. Help participants begin to develop positive attitudes and safe practices around water.

Preschool Level 2

- **Age 4-5**
- Build on the basic aquatic skills and water safety skills and concepts learned in Level 1.

Preschool Level 3

- **Age 4-5**
- Build on the skills learned in Levels 1 & 2 to help participants achieve basic water competency in a pool environment.

Level 1- Introduction to aquatic skills

- **Age 6 and up**
- Level 1 - helps students feel comfortable in the water. Includes: Blow bubbles through mouth and nose; bobbing; open eyes and retrieve submerged object; front and back glides and floats; treading water; roll from front to back and back to front, water safety skills

Level 2- Fundamental Aquatic Skills

- **Average age 6-8**
- Level 2 - gives students success with fundamental skills. Includes: Entering and exiting by stepping or jumping from side of pool; fully submerge and hold breath; front, jellyfish and tuck floats; front and back glides and floats; treading water; combined arm and leg actions on front and back, water safety skills

Level 3 - Stroke Development

- **Average age 6-9**
- Level 3 - builds on the skills learned in Level 2. Includes: enter by jumping from side of pool; headfirst entries from side in sitting and kneeling positions; bobbing while moving toward safety; rotary breathing; survival float; flutter, scissor, dolphin and breast stroke on front; front crawl and elementary back stroke, water safety skills

Level 4 - Stroke Improvement

- **Average age 7-10**
- Level 4 - develops confidence in the skills previously learned. Includes: headfirst entries from side in compact and stride positions; swim under water; feet first surface dive; survival swimming; front crawl and back stroke open turns; tread water using two different strokes; flutter and dolphin kicks on back, water safety skills

Level 5 -Stroke Refinement

- **Average age 8-11**
- Level 5 - provides further coordination and refinement of strokes. Includes: shallow angle dive from side then glide and begin front stroke; tuck and pike surface dives; submerge completely; front flip turn and backstroke flip turn while swimming; practice all strokes, water safety skills