

Learn-to-Swim Exit Skills: Ages 6+

LEVEL 1: Introduction to Water Skills For children ages 6 and older who have no experience & cannot swim independently.

1. Enter independently, at least 5 yards, bob 5 times, then safely exit the water.
2. Glide on front 2 body lengths, roll to a back float for 5 seconds and recover. Download the Red Cross Learn-to-Swim app on your Android or iPhone and track your child's swimming progress!

LEVEL 2: Fundamental Aquatic Skills For children ages 6 and older who have passed Level 1 or can do the Level 1 exit skills.

1. Step from side into chest-deep water, move into a front float for 15 seconds, roll to back, float for 15 seconds and return to vertical position.
2. Move into a back float for 15 seconds, roll to front & recover to vertical position.
3. 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.

LEVEL 3: Stroke Development For children ages 6 and older who have passed Level 2 or can do the Level 2 exit skills.

1. Jump into deep water, tread or float for 1 minute then begin swimming front crawl for 15 yards, roll to back and continue swimming with back crawl for 15 yards.
2. Push off streamlined, then swim front crawl for 15 yards, change direction and swim elementary backstroke for 15 yards.

LEVEL 4: Stroke Development For children ages 6 and older who have passed level 3 or preschool 4, or can do the or exit skills for these levels.

1. Perform feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.
3. Submerge & swim 3-5 body lengths under water & return to surface.

LEVEL 5: Stroke Refinement For children ages 6 and older who have passed level 4 or can do the Level 4 exit skills.

1. Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction using efficient turns throughout and swim elementary backstroke for 50 yards.
2. Swim breaststroke for 25 yards, change direction using efficient turns throughout and swim back crawl for 25 yards.

LEVEL 6: Swimming & Skill Proficiency This class is for children who have passed Level 5 or can do the Level 5 exit skills and are interested in continuing to improve strokes. There are specialty Level 6 classes which are: Fitness Swimmer, Fundamentals of Diving, Personal Water Safety. All three classes have the same swimming exit skills.

1. Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
2. Perform specialty specific skills (diving, water safety, and fitness).