

## American Red Cross Learn-To Swim Classes

The new American Red Cross Learn-to-Swim classes provide instruction to help swimmers of all ages and abilities develop their swimming and water safety skills. It is designed to give students a positive learning experience.

Learn-to-Swim teaches aquatic and safety skills in a logical progression. The objective is to teach people to swim and to be safe in, on and around the water.

Skills are categorized in the following way:

- Water Entry and Exit
- Breath Control and Underwater Swimming
- Buoyancy
- Changing Direction and Position
- Treading
- Swimming on Front, Back and Side
- General and Personal Water Safety
- Helping Others

The six Learn-to-Swim levels and the objectives for each level include:

### **Level 1**

Introduction to Water Skills: helps students feel comfortable in the water and to enjoy the water safely.

### **Level 2**

Fundamental Aquatic Skills: gives students success with fundamental skills.

### **Level 3**

Stroke Development: builds on the skills in Level 2 by providing additional guided practice.

### **Level 4**

Stroke Improvement: develops confidence in the strokes learned and to improve other aquatic skills.

### **Level 5**

Stroke Refinement: provides further coordination and refinement of strokes.

### **Level 6**

Swimming and Skill Proficiency: refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options. Each of these options focus on preparing students to participate in more advance courses, such as Water Safety Instructor and Lifeguard Training. These options include:

- Personal Water Safety
- Lifeguard Readiness
- Fundamentals of Diving
- Fitness Swimming