

What swim lesson level should I enroll my child in?

Use these questions to help determine the correct level for your child.

Please try to answer the questions to the best of your knowledge.

This will help to ensure children are enrolled in the correct level for their skills and abilities.

Pre- Levels 1-3

The purpose of the pre-aquatics courses is to facilitate developmentally appropriate learning of fundamental water safety and aquatics skills. Pre-aquatics are designed specifically for youth ages 3, 4 & 5. We offer 3 levels of pre-aquatics courses.

Pre-Level 1

No to any of the questions, enroll in pre-1. **Yes** to all questions, enroll in pre-2.

- Will your child put their face in the water?
- Can your child blow bubbles through their mouth and nose?
- Is your child comfortable in the water without a parent/guardian?

Pre-Level 2

No to any questions, enroll in pre-2. **Yes** to all questions, enroll in pre-3

- Can your child front float without assistance for 15 seconds?
- Can your child back float without assistance for 15 seconds?
- Can your child swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for at least 3 body lengths?

Pre-Level 3

No to any questions, enroll in pre-3. **Yes** to all questions, enroll in pre-3*

- Can your child tread or float for 15 seconds, swim on front and/or back for 5 body lengths, & exit the water without assistance or support?
- Can your child back float for 15 seconds & roll to front without assistance or support?
- Can your child swim using combined arm & leg actions on front for 5 body lengths?

**Participants must be 6 years old to enroll in levels 1-6*

Learn to Swim Levels 1-5

The objective of the American Red Cross Learn to Swim courses are to teach children and young teens to be safe in, on and around aquatic environments and to swim well. Aquatic and personal water safety skills are taught in a logical progression through all 6 levels. Youth must be **minimum of 6 years or older** to enroll in levels 1-6

Level 1

No to any questions, enroll in level 1. **Yes** to all questions, enroll in level 2.

- Will your child put their face in the water?
- Can your child blow bubbles through their mouth and nose?
- Is your child comfortable in the water without a parent/guardian?

Level 2

No to any questions, enroll in level 2. **Yes** to all questions, enroll in level 3.

- Can your child tread or float for 15 seconds, swim on front and/or back for 5 body lengths, & exit the water without assistance or support?
- Can your child back float for 15 seconds & roll to front without assistance or support?
- Can your child swim using combined arm & leg actions on front for 5 body lengths?

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Level 3

No to any questions, enroll in level 3 **Yes** to all questions, enroll in level 4.

- Can your child 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 back stroke for 25 yards, then exit the water?
- Can your child push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards?

Level 4

No to any questions, enroll in level 4. **Yes** to all questions, enroll in level 5.

- Can your child perform feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards?
- Can your child swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards?
- Can your child submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilation, return to the surface, then exit the water?

Level 5

No to any questions, enroll in level 5. **Yes** to all questions, enroll in level 6- beginning diving or fitness swim

- Can your child perform a shallow-angle dive into water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards using appropriate and efficient turning styles ?
- Can your child swim breaststroke for 25 yards, change direction of travel as necessary, then swim back crawl for 25 yards using appropriate and efficient turning styles?

Learning to Swim

Key piece of the Circle of
Drowning Prevention

10 people die each day from unintentional drowning, and on average **2** of them are under age 14.

For every child who dies from drowning, another **5** receive emergency care for nonfatal submersion injuries.

Formal swimming lessons reduce the risk of drowning among children ages 1-4.

