

## AMERICAN RED CROSS SWIMMING LEVELS

This is what is taught in each of the below listed classes.

### LEVEL 1

1. Enter and exit water
2. Blowing bubbles
3. Bobbing
4. Open eyes under water and retrieve submerged objects
5. Front glide and float, and recover to a vertical position
6. Back glide and float and recover to a vertical position
7. Roll from front to back and back to front
8. Tread water, using arm and hand actions
9. Alternating and simultaneous leg and arm actions on front
10. Alternating and simultaneous leg and arm actions on back
11. Combined arm and leg actions on front
12. Combined arm and leg actions on back
13. Learn appropriate safety skills

### LEVEL 1

#### EXIT REQUIREMENTS

1. Enter unassisted, travel 5 yards, bob 3 times, then safely exit water
2. Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position (can be performed with support)

### LEVEL 2

1. Stepping or jumping from side into chest-deep water
2. Fully submerge and hold breath
3. Bobbing
4. Open eyes under water and retrieve submerged objects
5. Front, jellyfish and tuck floats
6. Front glide and float, and recover to a vertical position
7. Back glide and float, and recover to a vertical position
8. Roll from front to back and back to front
9. Tread water, using arm and leg actions
10. Change direction of travel while swimming on front and back
11. Combined arm and leg actions on front
12. Combined arm and leg actions on back
13. Finning arm action on back
14. Learn appropriate safety skills

### LEVEL 2

#### EXIT REQUIREMENTS

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds, then return to a vertical position
2. Move into a back float for 5 seconds, roll to front, then recover to a 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 for 5 body lengths (can be assisted when getting a breath)

### LEVEL 3

1. Jumping into deep water from the side
2. Headfirst entry from the side in seated and kneeling positions
3. Bobbing while moving to safety
4. Rotary breathing
5. Survival Float
6. Back Float
7. Tread water for 30 seconds
8. Swimming the front crawl for 15 yards
9. Swimming elementary backstroke for 15 yards
10. Flutter, scissors and dolphin kicks
11. Push off in streamlined position on front, then begin kicking
12. Learn appropriate safety skills

### LEVEL 3

#### EXIT REQUIREMENTS

1. Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

### LEVEL 4

1. Headfirst entry in compact and stride positions
2. Feetfirst surface dive
3. Swim underwater
4. Tread water, using 2 different kicks
5. Survival swimming
6. Front crawl for 25 yards
7. Elementary backstroke for 25 yards
8. Breaststroke for 15 yards
9. Back crawl for 15 yards
10. Butterfly for 15 yards
11. Sidestroke for 15 yards
12. Open turns on the front and back
13. Flutter and dolphin kicks on back
14. Push off in streamlined position on back, then begin kicking
15. Learn appropriate safety skills

### LEVEL 4

#### EXIT REQUIREMENTS

1. 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.
2. Swim breaststroke for 15 yards, change direction and position as necessary, and swim back crawl for 15 yards.

### LEVEL 5

1. Performing a shallow-angle dive into deep water
2. Tuck-surface dive
3. Pike-surface dive
4. Tread water for 5 minutes
5. Sculling
6. Front crawl for 50 yards
7. Elementary backstroke for 50 yards
8. Breaststroke for 25 yards
9. Back crawl for 25 yards
10. Butterfly for 25 yards
11. Sidestroke for 25 yards
12. Front flip turn
13. Back flip turn
14. Learn appropriate safety skills

### LEVEL 5

#### EXIT REQUIREMENTS

1. Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary, and swim elementary backstroke for 50 yards.
2. Swim breaststroke for 25 yards, change direction and position of travel as necessary, and swim back crawl for 25 yards.

### LEVEL 6

1. Surface dive and retrieve object from the bottom 7-10'
2. Tread water, kicking only
3. Front crawl for 100 yards
4. Elementary backstroke for 100 yards
5. Breaststroke for 50 yards
6. Back crawl for 50 yards
7. Butterfly for 50 yards
8. Sidestroke for 50 yards
9. Demonstrating open turns and front and back flip turns when swimming

### LEVEL 6

#### EXIT REQUIREMENTS

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

## SWIM, SWEAT & SUCCEED

Ages 12 and up

A new program put together by the Town of Manlius Recreation Department for those students who have been through all of the classes but still would enjoy the benefit of a daily swim program. Students will set personal swim and fitness goals and learn how fitness is an important part of life.