

American Red Cross

American Red Cross



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Swim Lessons

Achievement Booklet

This achievement booklet belongs to:



Preschool Aquatics

Preschool Level 1*

Skills

- Enter water using ramps, steps or side
- Exit water using ladder, steps or side
- Blow bubbles for 3 seconds
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front glide and recover to a vertical position
- Back glide and recover to a vertical position
- Back float for 3 seconds
- Roll from front to back and back to front
- Arm and hand treading actions
- Alternating and simultaneous leg actions and arm actions on front
- Alternating and simultaneous leg actions and arm actions on back
- Combined arm and leg actions on front
- Combined arm and leg actions on back

Exit Assessment: With Support

- Enter independently, using either the ramp, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water. (Children can walk, move along the gutter or "swim".)
- While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position.

Safety Focus

- Staying safe around water
- Recognizing the lifeguards
- Don't Just Pack It, Wear Your Jacket
- Recognizing an emergency
- How to call for help
- Too Much Sun is No Fun

*Level 1 skills may be performed with support.



Instructor _____ Date _____

Location _____

Comments _____

You have successfully completed all skills and are ready to enroll in the next level!

Instructor Signature _____

Congratulations! You've earned the following badges:

Preschool Aquatics Levels 1 and 2 and Learn-to-Swim Level 1

- Exploring Under Water
- Swim and Exit
- How to Call for Help

Preschool Aquatics Level 3 and Learn-to-Swim Level 2

- Bobbing
- Combined Stroke on Front with Breaths

Learn-to-Swim Level 3

- Back Float
- Water Competency
- Life Jacket
- Reach or Throw, Don't Go
- My First 25

Learn-to-Swim Level 4

- Tread Water
- Elementary Backstroke
- Sidestroke
- My First 50
- Lifeguard Prep
- WSI Prep

Learn-to-Swim Level 5

- Front Crawl
- Breaststroke
- Backstroke
- Butterfly
- Flip Turn
- Shallow-angle Dive
- 100-yard Swim

Instructor: Please initial next to each badge earned.

Share your badges and get even more out of your swim lessons with the Swim App.



Text SWIM to 90999, and we'll send you a link to download the app, or search the iTunes® app store or Google Play™ for American Red Cross.



Learn-to-Swim Level 6: Advanced

Advanced Options

Skills

- Surface dive and retrieve object from the bottom, 7–10 feet deep

Swimming:

- Front crawl for 100 yards
- Elementary backstroke for 100 yards
- Breaststroke for 50 yards
- Back crawl for 50 yards
- Butterfly for 50 yards
- Sidestroke for 50 yards
- Demonstrate open turns and front and back flip turns when swimming

Exit Assessment

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

Note: Additional exit assessments are required, depending on the course option selected.

Safety Focus

- Learn About Boating Before You Go Floating
- Think So You Don't Sink
- Swim as a Pair Near a Lifeguard's Chair
- Look Before You Leap
- The danger of drains
- The dangers of hyperventilation and extended breath-holding

Course Options

- Fitness Swimmer
- Personal Water Safety
- Fundamentals of Diving



Preschool Aquatics

Preschool Level 2*

Skills

- Enter water by stepping in from deck or low height
- Exit water using ladder, steps or side
- Bobbing, 5 times
- Open eyes under water and retrieve submerged objects
- Front glide and recover to a vertical position
- Front float for 3 seconds
- Back glide and recover to a vertical position
- Back float for 15 seconds
- Roll from front to back and back to front
- Tread water using arm and leg actions for 15 seconds
- Combined arm and leg actions on front
- Finning arm action on back
- Combined arm and leg actions on back

Exit Assessment: With Assistance

- Glide on front at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position.



- Glide on back for at least 2 body lengths, roll to front, then recover to a vertical position.
- Swim using combined arm and leg actions on front for at least 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for at least 3 body lengths.

Safety Focus

- Staying safe around water
- Recognizing the lifeguards
- Don't Just Pack It, Wear Your Jacket
- Recognizing an emergency
- How to call for help
- Too Much Sun is No Fun

*Level 2 skills may be performed with assistance.

Instructor _____ Date _____

Location _____

Comments _____

You have successfully completed all skills! Congratulations!

Instructor Signature _____

Instructor _____ Date _____

Location _____

Comments _____

You have successfully completed all skills and are ready to enroll in the next level!

Instructor Signature _____

Preschool Aquatics

Preschool Level 3*

Skills

- Jump in to shoulder-deep water
- Fully submerge and hold breath for 10 seconds
- Bobbing, 10 times
- Rotary breathing
- Front glide and recover to a vertical position
- Front, jellyfish and tuck floats for 10 seconds
- Back glide and recover to a vertical position
- Back float for 15 seconds
- Change direction of travel while swimming on front or back
- Tread water for 30 seconds
- Combined arm and leg actions on front
- Finning arm action on back
- Combined arm and leg actions on back

Exit Assessment: Independently

- Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.

- Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
- 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.

Safety Focus

- The danger of drains
- Don't Just Pack It, Wear Your Life Jacket
- Recognizing an emergency
- How to call for help
- Too Much Sun Is No Fun
- Look Before You Leap
- Think So You Don't Sink
- Reach or Throw, Don't Go

*Level 3 skills are performed independently.



Instructor _____ Date _____

Location _____

Comments _____

You have successfully completed all skills and are ready to enroll in Learn-to-Swim Level 3.

Instructor Signature _____

Learn-to-Swim Level 5: Advanced

Stroke Refinement

Skills

- Shallow-angle dive into deep water
- Tuck surface dive
- Pike surface dive
- Tread water for 5 minutes
- Tread water, using legs only, for 2 minutes
- Sculling for 30 seconds

Swimming:

- Front crawl for 50 yards
- Elementary backstroke for 50 yards
- Breaststroke for 25 yards
- Back crawl for 25 yards
- Butterfly for 25 yards
- Sidestroke for 25 yards
- Front flip turn
- Backstroke flip turn

Exit Assessment

- Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, then swim elementary

backstroke for 50 yards, using appropriate and efficient turning styles throughout.

- Swim breaststroke for 25 yards, change direction and position of travel as necessary, and swim back crawl for 25 yards, using appropriate and efficient turning styles throughout.

Safety Focus

- How to call for help and the importance of knowing first aid and CPR
- Recreational water illnesses
- Reach or Throw, Don't Go
- Look Before You Leap
- Think So You Don't Sink
- Think Twice Before Going Near Cold Water or Ice
- Wave, Tide or Ride, Follow the Guide



Instructor _____ Date _____

Location _____

Comments _____

You have successfully completed all skills and are ready to enroll in the next level!

Instructor Signature _____

Learn-to-Swim Level 4: Intermediate

Stroke Improvement

Skills

- Headfirst entry in compact and stride positions
- Feetfirst surface dive
- Swim underwater
- Tread water, using 2 different kicks
- Survival swimming for 1 minute

Swimming:

- Front crawl for 25 yards
- Elementary backstroke for 25 yards
- Breaststroke for 15 yards
- Back crawl for 15 yards
- Butterfly for 15 yards
- Sidestroke for 15 yards
- Open turns on the front and back
- Flutter and dolphin kicks on back
- Push off in streamlined position on back, then begin kicking

Exit Assessment

- 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.
- Swim breaststroke for 15 yards, change direction and position as necessary, and swim back crawl for 15 yards.
- Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.

Safety Focus

- Reaching assist
- Throwing assist
- Recreational water illnesses
- Think So You Don't Sink
- Look Before You Leap



Instructor _____ Date _____

Location _____

Comments _____

You have successfully completed all skills and are ready to enroll in the next level!

Instructor Signature _____

Learn-to-Swim Level 1: Beginner

Introduction to Water Skills*

Skills

- Enter water using a ramp, steps or side
- Exit water using ladder, steps or side
- Blow bubbles for 3 seconds
- Bobbing, 5 times
- Open eyes under water and retrieve submerged objects
- Front glide and recover to a vertical position
- Back glide and recover to a vertical position
- Back float for 5 seconds
- Roll from front to back and back to front
- Treading water arm and hand actions
- Alternating and simultaneous leg and arm actions on front
- Alternating and simultaneous leg and arm actions on back
- Combined arm and leg actions on front
- Combined arm and leg actions on back

Exit Assessment

- Enter independently, travel at least 5 yards, bob 5 times, then safely exit the water.
- Glide on front at least 2 body lengths, roll to a back float for 5 seconds, and recover to a vertical position.

Safety Focus

- Staying safe around water
- Recognizing the lifeguards
- Don't Just Pack It, Wear Your Jacket
- Recognizing an emergency
- How to call for help
- Too Much Sun Is No Fun

*Level 1 skills may be performed with assistance.



Instructor _____ Date _____

Location _____

Comments _____

You have successfully completed all skills and are ready to enroll in the next level!

Instructor Signature _____

Learn-to-Swim Level 2: Beginner

Fundamental Aquatic Skills

Skills

- Step or jump from the side into shoulder-deep water
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing, 10 times
- Open eyes under water and retrieve submerged objects
- Rotary breathing
- Front, jellyfish and tuck floats for 10 seconds
- Front glide and recover to a vertical position
- Back glide and recover to a vertical position
- Back float for 15 seconds
- Roll from front to back and back to front
- Tread water for 15 seconds
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front

- Combined arm and leg actions on back
- Finning arm action on back

Exit Assessment

- Step from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
- Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
- 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 at least 5 body lengths.

Safety Focus

- Staying safe around water
- Don't Just Pack It, Wear Your Jacket
- Recognizing an emergency
- How to call for help
- Too Much Sun Is No Fun
- Look Before You Leap
- Think So You Don't Sink
- Reach or Throw, Don't Go
- The danger of drains

Instructor _____ Date _____

Location _____

Comments _____

You have successfully completed all skills and are ready to enroll in the next level!

Instructor Signature _____

Learn-to-Swim Level 3: Intermediate

Stroke Development

Skills

- Jump into deep water from the side, submerge, return to the surface then to the side
- Headfirst entry from the side in seated and kneeling positions
- Bobbing while moving to safety
- Rotary breathing
- Survival float for 30 seconds
- Back float for 1 minute
- Tread water for 1 minute
- Change from vertical to horizontal position on front and back
- Push off in streamlined position on front, then begin kicking
- Swim front crawl for 15 yards
- Swim elementary backstroke for 15 yards
- Flutter, scissors, breaststroke, and dolphin kicks

Exit Assessment

- 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 backstroke for 25 yards, then exit the water.

- Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke 15 yards, then exit the water.

Safety Focus

- Reach or Throw, Don't Go
- Think Twice Before Going Near Cold Water or Ice
- Look Before You Leap
- Developing breath control safely
- Making good decisions—choosing an exit point



Instructor _____ Date _____

Location _____

Comments _____

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Instructor Signature _____