

## SWIM LEVELS AND PREREQUISITES

We offer a comprehensive American Red Cross swim lesson program for all ability levels and ages for youth teens and adults.

Register for swim lessons according to your age and level.

**Students registering for the wrong level that do not meet the prerequisite, will be withdrawn with no refund or credit**

### TADPOLE – AGES 4-6

#### Level 1 Tadpole:

- No Prerequisite

#### Level 2 Tadpole Prerequisite:

- Face in water
- Blow bubbles
- Open eyes under water
- Streamline kick on front for 5 feet unassisted

#### Level 3 Tadpole Prerequisite:

- Float on front for 10 seconds unassisted
- Freestyle (front crawl) 10 feet unassisted (side breathing is optional)
- Float on back for 10 seconds unassisted
- Flutter kick on back for 10 feet unassisted

### LEARN TO SWIM – AGES 7-12

#### Level 1 Guppy

- No Prerequisite

#### Level 2 Minnow Prerequisite: (without assistance)

- Front float for 10 seconds and recover
- Streamline kick on front for 10 feet
- Back float for 10 seconds and recover
- Streamline kick on back for 10 feet
- Freestyle (front crawl) arms and flutter kick for 10 feet

#### Level 3 Shark Prerequisite:

- Side breathing with kick board
- Backstroke (back crawl) with kickboard
- Freestyle (front crawl) with side breathing
- Backstroke (back crawl) arms
- Freestyle (front crawl) and backstroke (back crawl) one width of the pool
- Kneeling dive
- retrieve objects in 5 feet of water

#### Level 4 Advanced Beginner Prerequisite:

- Swim freestyle 2 widths of the pool non-stop
- Swim backstroke 2 widths of the pool non-stop
- Standing dive
- Swim elementary backstroke
- Tread water for 30 seconds unassisted
- Dolphin (butterfly) kick for 1 width of the pool non-stop

#### Level 5 Intermediate Prerequisite:

- Mastered level 1-4 skills
- 100 yards freestyle (front crawl)
- Freestyle (front crawl) flip turn
- 100 yards backstroke (back crawl)
- Backstroke (back crawl) flip turn
- Tread water for 1 minute
- 100 yards breaststroke
- Perform a breaststroke open turn
- 25 yards butterfly

#### Level 6 Swimmer Prerequisite:

- Mastered level 5 skills
- Tread water with 2 different kicks
- Survival swimming
- Pike surface dive
- Introduction to CPR
- Sidestroke one width of the pool
- Tuck surface dive
- Feet first surface dive
- Butterfly 50 yards

#### PRE-COMPETITIVE SWIM PREREQUISITE:

- Mastered levels 1-6
- Personal Water Safety – swim clothed
- Fitness swimming – circle swim lap swimming
- Introduction to Swim Team, use of pace clock
- Introduction to lifeguard readiness
- RefinIng all strokes
- Tread water, kick only