



## Learn-to-Swim

### COURSE FACT SHEET

Course	Purpose	Prerequisites
Learn-to-Swim Level 1: Introduction to Water Skills	<ul style="list-style-type: none"><li>• Orient participants to the aquatic environment and help them gain basic aquatic skills.</li><li>• Help participants begin to develop positive attitudes and safe practices around water</li></ul>	<ul style="list-style-type: none"><li>• No skill prerequisites</li><li>• Participants usually start at about 6 years of age</li></ul>
Learn-to-Swim Level 2: Fundamental Aquatic Skills	<ul style="list-style-type: none"><li>• Build on the basic aquatic skills and water safety skills and concepts learned in Level 1</li></ul>	<ul style="list-style-type: none"><li>• Successful demonstration of the Learn-to-Swim Level 1 exit skills assessment</li></ul>
Learn-to-Swim Level 3: Stroke Development	<ul style="list-style-type: none"><li>• Build on the skills learned in Levels 1 and 2 to help participants achieve basic water competency in a pool environment</li></ul>	<ul style="list-style-type: none"><li>• Successful demonstration of the Learn-to-Swim Level 2 exit skills assessment</li></ul>
Learn-to-Swim Level 4: Stroke Improvement	<ul style="list-style-type: none"><li>• Improve participants' proficiency in performing the swimming strokes that were introduced in Level 3</li></ul>	<ul style="list-style-type: none"><li>• Successful demonstration of the Learn-to-Swim Level 3 exit skills assessment</li></ul>
Learn-to-Swim Level 5: Stroke Refinement	<ul style="list-style-type: none"><li>• Help participants refine their performance of all six swimming strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke)</li></ul>	<ul style="list-style-type: none"><li>• Successful demonstration of the Learn-to-Swim Level 4 exit skills assessment</li></ul>
Learn-to-Swim Level 6: Swimming and Skill Proficiency— Personal Water Safety	<ul style="list-style-type: none"><li>• Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances</li><li>• Teach participants how to prevent aquatic emergencies in various aquatic environments and to introduce and practice self-rescue techniques</li></ul>	<ul style="list-style-type: none"><li>• Successful demonstration of the Learn-to-Swim Level 5 exit skills assessment</li></ul>
Learn-to-Swim Level 6: Swimming and Skill Proficiency— Fundamentals of Diving	<ul style="list-style-type: none"><li>• Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances</li><li>• Teach participants fundamental springboard diving skills</li></ul>	<ul style="list-style-type: none"><li>• Successful demonstration of the Learn-to-Swim Level 5 exit skills assessment</li></ul>
Learn-to-Swim Level 6: Swimming and Skill Proficiency— Fitness Swimmer	<ul style="list-style-type: none"><li>• Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances</li></ul>	<ul style="list-style-type: none"><li>• Successful demonstration of the Learn-to-Swim Level 5 exit skills assessment</li></ul>

<b>Learning Objectives</b>
<ul style="list-style-type: none"> <li>• See Learn-to-Swim Skills Chart</li> </ul>
<b>Length</b>
<ul style="list-style-type: none"> <li>• No minimum number of hours suggested</li> </ul>
<b>Instructor</b>
<ul style="list-style-type: none"> <li>• Currently authorized Water Safety (r. 14) instructor</li> </ul>
<b>Course Completion Requirements</b>
<ul style="list-style-type: none"> <li>• Demonstrate competency in all required skills and activities, including in-water skills</li> <li>• Successfully complete the level's exit skills assessment (see Learn-to-Swim Skills Chart)</li> </ul>
<b>Course Completion Cards Issued and Validity Period</b>
<ul style="list-style-type: none"> <li>• Learn-to-Swim—No validity period</li> </ul>
<b>Participant Materials</b>
<ul style="list-style-type: none"> <li>• American Red Cross Swim app</li> <li>• <i>Swim Lessons Achievement Booklet</i></li> <li>• <i>Swimming and Water Safety</i> (Level 6; recommended)</li> <li>• <i>Swimming and Diving Skills DVD</i> (Level 6; recommended)</li> </ul>

- Learn-to-Swim Level 1 skills may be performed with assistance.
- If water depth is not at least 9 feet, instructors SHOULD NOT teach headfirst entries from poolside; if water depth is not at least 11½ feet (or deeper if state or local regulations require), instructors SHOULD NOT teach diving from a diving board.

## SKILLS CHART

Learn-to-Swim Level 1: Introduction to Aquatic Skills	Learn-to-Swim Level 2: Fundamental Aquatic Skills
<b>Water Adjustment, Entry and Exit</b>	
<ul style="list-style-type: none"> <li>• Enter water using ramp, steps or side</li> <li>• Exit water using ladder, steps or side</li> </ul>	<ul style="list-style-type: none"> <li>• Enter by stepping or jumping from the side into shoulder-deep water</li> <li>• Exit using ladder, steps or side from chest-deep water</li> </ul>
<b>Breath Control and Submerging</b>	
<ul style="list-style-type: none"> <li>• Blow bubbles, 3 seconds</li> <li>• Bobbing, 5 times</li> <li>• Open eyes underwater and retrieve submerged objects in shallow water, 2 times</li> </ul>	<ul style="list-style-type: none"> <li>• Fully submerge and hold breath, 10 seconds</li> <li>• Bobbing, 10 times</li> <li>• Open eyes underwater and retrieve submerged objects in chest-deep water, 3 times</li> <li>• Rotary breathing, 5 times</li> </ul>
<b>Buoyancy</b>	
<ul style="list-style-type: none"> <li>• Front glide, 2 body lengths</li> <li>• Recover from a front glide to a vertical position</li> <li>• Back glide, 2 body lengths</li> <li>• Back float, 5 seconds</li> <li>• Recover from a back float or glide to a vertical position</li> </ul>	<ul style="list-style-type: none"> <li>• Front glide, 2 body lengths</li> <li>• Float in a face-down position, 10 seconds               <ul style="list-style-type: none"> <li>○ Front float</li> <li>○ Jellyfish float</li> <li>○ Tuck float</li> </ul> </li> <li>• Recover from a front float or glide to a vertical position</li> <li>• Back glide, 2 body lengths</li> <li>• Back float, 15 seconds</li> <li>• Recover from a back float or glide to a vertical position</li> </ul>
<b>Changing Direction and Position and Treading</b>	
<ul style="list-style-type: none"> <li>• Roll from front to back</li> <li>• Roll from back to front</li> <li>• Arm and hand treading actions, in chest-deep water</li> </ul>	<ul style="list-style-type: none"> <li>• Roll from front to back</li> <li>• Roll from back to front</li> <li>• Change direction of travel while swimming on front or back</li> <li>• Tread water using arm and leg actions, 15 seconds in shoulder-deep water</li> </ul>
<b>Swim on Front</b>	
<p><i>All—2 body lengths</i></p> <ul style="list-style-type: none"> <li>• Alternating leg action</li> <li>• Simultaneous leg action</li> <li>• Alternating arm action</li> <li>• Simultaneous arm action</li> <li>• Combined arm and leg actions on front</li> </ul>	<ul style="list-style-type: none"> <li>• Combined arm and leg actions on front, 5 body lengths</li> </ul>

Learn-to-Swim Level 1: Introduction to Aquatic Skills	Learn-to-Swim Level 2: Fundamental Aquatic Skills
<b>Swim on Back</b>	
<p><i>All—2 body lengths</i></p> <ul style="list-style-type: none"> <li>• Alternating leg action</li> <li>• Simultaneous leg action</li> <li>• Alternating arm action</li> <li>• Simultaneous arm action</li> <li>• Combined arm and leg actions on back</li> </ul>	<ul style="list-style-type: none"> <li>• Finning arm action, 5 body lengths</li> <li>• Combined arm and leg actions on back, 5 body lengths</li> </ul>
<b>Water Safety</b>	
<ul style="list-style-type: none"> <li>• Staying safe around water</li> <li>• Recognizing the lifeguards</li> <li>• Don't Just Pack It, Wear Your Jacket—demonstrate</li> <li>• Recognizing an emergency</li> <li>• How to call for help—demonstrate</li> <li>• Too Much Sun Is No Fun</li> </ul>	<ul style="list-style-type: none"> <li>• Staying safe around water</li> <li>• Don't Just Pack It, Wear Your Jacket—demonstrate</li> <li>• Recognizing an emergency</li> <li>• How to call for help—demonstrate</li> <li>• Too Much Sun Is No Fun</li> <li>• Look Before You Leap</li> <li>• Think So You Don't Sink</li> <li>• Reach or Throw, Don't Go</li> <li>• The danger of drains</li> </ul>
<b>Exit Skills Assessment</b>	
<ol style="list-style-type: none"> <li>1. Enter independently, using either the ramp, steps or side, travel at least 5 yards, bob 5 times, then safely exit the water. (Participants can walk, move along the gutter or “swim.”)</li> <li>2. Glide on front at least 2 body lengths, roll to a back float for 5 seconds, then recover to a vertical position. (This part of the assessment can be performed with assistance.)</li> </ol>	<ol style="list-style-type: none"> <li>1. Step from the 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.</li> <li>2. Move into a back float for 15 seconds, roll to front, then recover to a vertical position.</li> <li>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 the front, then continue swimming for at least 5 body lengths.</li> </ol>

Learn-to-Swim Level 3: Stroke Development	Learn-to-Swim Level 4: Stroke Improvement	Learn-to-Swim Level 5: Stroke Refinement
<b>Water Entry and Exit</b>		
<ul style="list-style-type: none"> <li>• Enter water by jumping from the side, fully submerge, then recover to the surface and return to the side</li> <li>• Headfirst entry from the side in a sitting position</li> </ul>	<ul style="list-style-type: none"> <li>• Feet-first entry from the side in a compact position</li> <li>• Feet-first entry from the side in a stride position</li> </ul>	<ul style="list-style-type: none"> <li>• Shallow-angle dive from the side</li> <li>• Shallow-angle dive, glide 2 to 3 body lengths and begin any front stroke</li> </ul>
<b>Breath Control and Submerging</b>		
<ul style="list-style-type: none"> <li>• Bobbing while moving toward safety, 15 times</li> <li>• Rotary breathing, 15 times</li> </ul>	<ul style="list-style-type: none"> <li>• Swim underwater, 3 to 5 body lengths, without hyperventilating</li> <li>• Feetfirst surface dive</li> </ul>	<ul style="list-style-type: none"> <li>• Tuck surface dive</li> <li>• Pike surface dive</li> </ul>
<b>Buoyancy</b>		
<ul style="list-style-type: none"> <li>• Survival float, 30 seconds</li> <li>• Back float, 1 minute</li> </ul>	<ul style="list-style-type: none"> <li>• Survival swimming, 1 minute</li> </ul>	
<b>Changing Direction and Position and Treading</b>		
<ul style="list-style-type: none"> <li>• Change from vertical to horizontal position on front</li> <li>• Change from vertical to horizontal position on back</li> <li>• While in a vertical position, rotate one full turn</li> <li>• Tread water, 1 minute</li> </ul>	<ul style="list-style-type: none"> <li>• Front crawl open turn</li> <li>• Back crawl open turn</li> <li>• Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary), 2 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Front flip turn while swimming</li> <li>• Backstroke flip turn while swimming</li> <li>• Tread water, 5 minutes</li> <li>• Tread water, using legs only, 2 minutes</li> </ul>
<b>Swim on Front</b>		
<ul style="list-style-type: none"> <li>• Push off in a streamlined position, then begin flutter kicking, 3 to 5 body lengths</li> <li>• Push off in a streamlined position, then begin dolphin kicking</li> <li>• Front crawl, 15 yards</li> <li>• Breaststroke kick, 15 yards</li> </ul>	<ul style="list-style-type: none"> <li>• Front crawl, 25 yards</li> <li>• Breaststroke, 15 yards</li> <li>• Butterfly, 15 yards</li> </ul>	<ul style="list-style-type: none"> <li>• Front crawl, 50 yards</li> <li>• Breaststroke, 25 yards</li> <li>• Butterfly, 25 yards</li> </ul>
<b>Swim on Back</b>		
<ul style="list-style-type: none"> <li>• Elementary backstroke, 15 yards</li> </ul>	<ul style="list-style-type: none"> <li>• Push off in a streamlined position and begin flutter kicking, 3 to 5 body lengths</li> <li>• Push off in a streamlined position and begin dolphin kicking, 3 to 5 body lengths</li> <li>• Elementary backstroke, 25 yards</li> <li>• Back crawl, 15 yards</li> </ul>	<ul style="list-style-type: none"> <li>• Elementary backstroke, 50 yards</li> <li>• Back crawl, 25 yards</li> <li>• Standard (back) scull, 30 seconds</li> </ul>

Learn-to-Swim Level 3: Stroke Development	Learn-to-Swim Level 4: Stroke Improvement	Learn-to-Swim Level 5: Stroke Refinement
<b>Swim on Side</b>		
<ul style="list-style-type: none"> <li>● Scissors kick, 15 yards</li> </ul>	<ul style="list-style-type: none"> <li>● Sidestroke, 15 yards</li> </ul>	<ul style="list-style-type: none"> <li>● Sidestroke, 25 yards</li> </ul>
<b>Water Safety</b>		
<ul style="list-style-type: none"> <li>● Reach or Throw, Don't Go—demonstrate</li> <li>● Think Twice Before Going Near Cold Water or Ice</li> <li>● Look Before You Leap</li> <li>● Developing breath control safely</li> <li>● Making good decisions—choosing an exit point</li> </ul>	<ul style="list-style-type: none"> <li>● Reach or Throw, Don't Go—demonstrate               <ul style="list-style-type: none"> <li>○ Reaching assist</li> <li>○ Throwing assist</li> </ul> </li> <li>● Recreational water illnesses</li> <li>● Think So You Don't Sink—demonstrate</li> <li>● Look Before You Leap</li> </ul>	<ul style="list-style-type: none"> <li>● How to call for help and the importance of knowing first aid and CPR</li> <li>● Recreational water illnesses</li> <li>● Reach or Throw, Don't Go—demonstrate</li> <li>● Look Before You Leap—demonstrate</li> <li>● Think So You Don't Sink</li> <li>● Think Twice Before Going Near Cold Water or Ice</li> <li>● Wave, Tide or Ride, Follow the Guide</li> </ul>
<b>Exit Skills Assessment</b>		
<ol style="list-style-type: none"> <li>1. 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.</li> <li>2. 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, then exit the water.</li> </ol>	<ol style="list-style-type: none"> <li>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.</li> <li>2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.</li> <li>3. Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.</li> </ol>	<ol style="list-style-type: none"> <li>1. Perform a shallow-angle dive into deep 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 throughout.</li> <li>2. Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.</li> </ol>

<b>Learn-to-Swim Level 6: Skill Proficiency—Personal Water Safety</b>	<b>Learn-to-Swim Level 6: Skill Proficiency—Fundamentals of Diving</b>	<b>Learn-to-Swim Level 6: Skill Proficiency—Fitness Swimmer</b>
<b>Swim on Front, Back and Side</b>		
<ul style="list-style-type: none"> <li>● Front crawl, 100 yards</li> <li>● Elementary backstroke, 100 yards</li> <li>● Back crawl, 50 yards</li> <li>● Breaststroke, 50 yards</li> <li>● Sidestroke, 50 yards</li> <li>● Butterfly, 50 yards</li> </ul>	<ul style="list-style-type: none"> <li>● Front crawl, 100 yards</li> <li>● Elementary backstroke, 100 yards</li> <li>● Back crawl, 50 yards</li> <li>● Breaststroke, 50 yards</li> <li>● Sidestroke, 50 yards</li> <li>● Butterfly, 50 yards</li> </ul>	<ul style="list-style-type: none"> <li>● Front crawl, 100 yards</li> <li>● Elementary backstroke, 100 yards</li> <li>● Back crawl, 50 yards</li> <li>● Breaststroke, 50 yards</li> <li>● Sidestroke, 50 yards</li> <li>● Butterfly, 50 yards</li> </ul>
<b>Turns</b>		
<ul style="list-style-type: none"> <li>● Front crawl open turn</li> <li>● Back crawl open turn</li> <li>● Front flip turn</li> <li>● Backstroke flip turn</li> <li>● Sidestroke open turn</li> <li>● Butterfly turn</li> <li>● Breaststroke turn</li> </ul>	<ul style="list-style-type: none"> <li>● Front crawl open turn</li> <li>● Back crawl open turn</li> <li>● Front flip turn</li> <li>● Backstroke flip turn</li> <li>● Sidestroke open turn</li> <li>● Butterfly turn</li> <li>● Breaststroke turn</li> </ul>	<ul style="list-style-type: none"> <li>● Front crawl open turn</li> <li>● Back crawl open turn</li> <li>● Front flip turn</li> <li>● Backstroke flip turn</li> <li>● Sidestroke open turn</li> <li>● Butterfly turn</li> <li>● Breaststroke turn</li> </ul>
<b>Specialty Knowledge and Skills</b>		
<ul style="list-style-type: none"> <li>● HELP position, 2 minutes</li> <li>● Huddle position, 2 minutes</li> <li>● Feetfirst surface dive</li> <li>● Tuck surface dive</li> <li>● Pike surface dive</li> <li>● Back float, 5 minutes</li> <li>● Survival float, 5 minutes</li> <li>● Survival swimming, 10 minutes</li> <li>● Tread water, using legs only, 2 minutes</li> <li>● Surface dive and retrieve an object from the bottom</li> </ul>	<ul style="list-style-type: none"> <li>● Basic stretching exercises</li> <li>● Body alignment and control</li> <li>● Surface dive and retrieve an object from the bottom</li> <li>● Diving from poolside <ul style="list-style-type: none"> <li>○ Kneeling position</li> <li>○ Forward dive fall-in</li> <li>○ Standing dive</li> </ul> </li> <li>● Diving from the diving board <ul style="list-style-type: none"> <li>○ Kneeling position</li> <li>○ Forward dive fall-in</li> <li>○ Standing dive</li> </ul> </li> <li>● Takeoff from the deck <ul style="list-style-type: none"> <li>○ One- and two-part takeoff</li> </ul> </li> <li>● Takeoff from poolside <ul style="list-style-type: none"> <li>○ One-part takeoff</li> </ul> </li> <li>● Takeoff from the Diving Board <ul style="list-style-type: none"> <li>○ One- and two-part takeoff</li> </ul> </li> <li>● Forward jump, tuck position <ul style="list-style-type: none"> <li>○ Tuck position</li> <li>○ With one-part takeoff from poolside</li> <li>○ With one- and two-part takeoff from the diving board</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Surface dive and retrieve an object from the bottom</li> <li>● Circle swimming</li> <li>● Using a pace clock</li> <li>● Swimming using equipment, 25 yards <ul style="list-style-type: none"> <li>○ Pull buoys</li> <li>○ Fins</li> <li>○ Paddles</li> </ul> </li> <li>● Describe how to set up an exercise program</li> <li>● Demonstrate various training techniques</li> <li>● Calculate target heart rate</li> <li>● Demonstrate aquatic exercise</li> </ul>

Learn-to-Swim Level 6: Skill Proficiency—Personal Water Safety	Learn-to-Swim Level 6: Skill Proficiency—Fundamentals of Diving	Learn-to-Swim Level 6: Skill Proficiency—Fitness Swimmer
<b>Specialty Knowledge and Skills</b>		
	<ul style="list-style-type: none"> <li>● Forward dive, tuck position               <ul style="list-style-type: none"> <li>○ With one-part takeoff from poolside</li> <li>○ With one- and two-part takeoff from the diving board</li> </ul> </li> <li>● Forward jump, pike position               <ul style="list-style-type: none"> <li>○ Pike position</li> <li>○ With one- and two-part takeoff from the diving board</li> </ul> </li> <li>● Forward dive, pike position               <ul style="list-style-type: none"> <li>○ With one- and two-part takeoff from the diving board</li> </ul> </li> </ul>	
<b>Water Safety</b>		
<ul style="list-style-type: none"> <li>● Think So You Don't Sink</li> <li>● Swim as a Pair Near a Lifeguard's Chair</li> <li>● Know About Boating Before You Go Floating</li> <li>● Look Before You Leap</li> <li>● The danger of drains</li> <li>● The dangers of hyperventilation and extended breath-holding</li> </ul>	<ul style="list-style-type: none"> <li>● Look Before You Leap</li> <li>● The danger of drains</li> <li>● Know About Boating Before You Go Floating</li> <li>● Think So You Don't Sink</li> <li>● Swim as a Pair Near a Lifeguard's Chair</li> <li>● The dangers of hyperventilation and extended breath-holding</li> </ul>	<ul style="list-style-type: none"> <li>● Look Before You Leap</li> <li>● Know About Boating Before You Go Floating</li> <li>● Think So You Don't Sink</li> <li>● Swim as a Pair Near a Lifeguard's Chair</li> <li>● The danger of drains</li> <li>● The dangers of hyperventilation and extended breath-holding</li> </ul>
<b>Exit Skills Assessment</b>		
<ol style="list-style-type: none"> <li>1. Swim 500 yards continuously using any 3 strokes, swimming at least 50 yards of each stroke.</li> <li>2. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.</li> <li>3. Perform a feetfirst surface dive, retrieve an object from the bottom of the pool at a depth of 7 to 10 feet, return to surface and return to starting point.</li> </ol>	<ol style="list-style-type: none"> <li>1. Swim 500 yards continuously using any 3 strokes, swimming at least 50 yards of each stroke.</li> <li>2. Perform a two-part takeoff with a feetfirst entry from a 1-meter diving board.</li> <li>3. Perform a two-part takeoff with a headfirst entry from a 1-meter diving board.</li> </ol>	<ol style="list-style-type: none"> <li>1. Swim 500 yards continuously using any 3 strokes, swimming at least 50 yards of each stroke.</li> <li>2. Perform the Cooper 12-minute swim test and compare results with the pre-assessment results.</li> </ol>