

Course: Preschool Aquatics Level 1

Purpose

To orient preschool-age children to the aquatic environment and to help them acquire rudimentary levels of basic aquatic skills

Prerequisites

There are no skill prerequisites for Preschool Aquatics Level 1. Participants start at about 4 and 5 years old.

Learning Objectives

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front and back glides and recover to a vertical position
- Back float and recover to a vertical position
- Roll from front to back and back to front
- Tread with arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Experience wearing a life jacket in the water
- Learn how to stay safe, including recognizing an emergency and knowing how to call for help
- Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety

Length

No minimum number of hours suggested

Instructor

Currently authorized Water Safety (r.09) instructor

Certification Requirements

- Demonstrate competency in all required skills and activities, including in-water skills.
- Successfully complete the following exit skills assessment (can be done with support):
 1. Enter independently, using either the ladder, 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.”)
 2. 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.

Certificate Issued and Validity Period

Preschool Aquatics Level 1 – No validity period

Participant Materials

Raffy Learns to Swim (StayWell Stock No. 651317) (Recommended, but not required)

Course: Preschool Aquatics Level 2

Purpose

To build on the basic aquatic skills learned in Level 1

Prerequisites

Successfully demonstrate the exit skills assessments from Preschool Aquatics Level 1

Learning Objectives

- Enter water by stepping in
- Exit water using ladder, steps or side
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back floats and glides
- Recover from a front or back float or glide to a vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back or back
- Finning arm action on back
- Learn how to stay safe, including recognizing an emergency and knowing how to call for help
- Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety

Length

No minimum number of hours suggested

Instructor

Currently authorized Water Safety (r.09) instructor

Certification Requirements

- Demonstrate competency in all required skills and activities, including in-water skills
- Successfully complete the following exit skills assessment (can be done with assistance):
 1. Glide on front at least 2 body lengths, roll to back, float on back for 5 seconds then recover to a vertical position.
 2. Glide on back for at least 2 body lengths, roll to front, float for 5 seconds then recover to a vertical position.
 3. Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 5 seconds, roll to front then continue swimming on front for 3 body lengths.

Certificate Issued and Validity Period

Preschool Aquatics Level 2 – No validity period

Participant Materials

Raffy Learns to Swim (StayWell Stock No. 651317) (Recommended, but not required)

Course: Preschool Aquatics Level 3

Purpose

To increase proficiency and build on the basic aquatic skills learned in Levels 1 and 2 by providing additional guided practice with increased distances and times

Prerequisites

Successfully demonstrate the exit skills assessments of Preschool Aquatics Level 2

Learning Objectives

- Enter water by jumping in
- Fully submerge and hold breath
- Bobbing
- Front, jellyfish and tuck floats
- Recover from a front or back float or glide to a vertical position
- Back float and glide
- Change direction of travel while swimming on front and back
- Combined arm and leg actions on front and back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Learn how to stay safe, including recognizing an emergency and knowing how to call for help
- Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety

Length

No minimum number of hours suggested

Instructor

Currently authorized Water Safety (r.09) instructor

Certification Requirements

- Demonstrate competency in all required skills and activities, including in-water skills
- Successfully complete the following exit skills assessment:
 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 swimming for 5 body lengths. (You can assist the child when taking a breath.)

Certificate Issued and Validity Period

Preschool Aquatics Level 3 – No validity period

Participant Materials

Waddles in the Deep (StayWell Stock No. 651317) (Recommended, but not required)



Course: Learn to Swim Level 1: Introduction to Water Skills

Purpose

To begin developing positive attitudes, good swimming habits and safe practices in and around the water

Prerequisites

None - Participants start at about 6 years of age.

Learning Objectives

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back
- Learn how to stay safe, including recognizing an emergency and knowing how to call for help
- Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety

Length

No minimum number of hours suggested

Instructor

Currently authorized Water Safety (r.09) instructor

Certification Requirements

- Demonstrate competency in all required skills and activities, including in-water skills
- Successfully complete the following exit skills assessment:
 1. Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water. (Participants can walk, move along the gutter or “swim.”)
 2. Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.)

Certificate Issued and Validity Period

Learn-to-Swim Level 1: Introduction to Water Skills – No validity period

Participant Materials

Raffy Learns to Swim (StayWell Stock No. 651317) (Recommended, but not required)

Course: Learn to Swim Level 2: Fundamental Aquatic Skills

Purpose

To give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position

Prerequisites

- Valid American Red Cross Learn-to-Swim Level 1: Introduction to Water Skills certificate

OR

- Successful demonstration of all certification requirements from Level 1

Learning Objectives

- Enter and exit water by stepping or jumping from the side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action
- Learn how to stay safe, including recognizing an emergency, knowing how to call for help and perform simple nonswimming assists
- Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety
- Learn to look carefully before entering the water
- Learn what to think about and do when exhausted or caught in a dangerous situation

Length

No minimum number of hours suggested

Instructor

Currently authorized Water Safety (r.09) instructor

Certification Requirements

- Demonstrate competency in all required skills and activities, including in-water skills
- Successfully complete the following exit skills assessment:
 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 the front then continue swimming for 5 body lengths. (You can assist the participant when taking a breath.)

Certificate Issued and Validity Period

Learn-to-Swim Level 2: Fundamental Skills – No validity period

Participant Materials

Waddles in the Deep (StayWell Stock No. 651317) (Recommended, but not required)

Course: Learn to Swim Level 3: Stroke Development

Purpose

To build on the skills in Level 2 by providing additional guided practice in deeper water

Prerequisites

- Valid American Red Cross Learn-to-Swim Level 2: Fundamental Aquatic Skills certificate
- OR
- Successful demonstration of all certification requirements from Level 2

Learning Objectives

- Enter water by jumping from the side
- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke
- Learn to look carefully before entering the water
- Learn to perform simple nonswimming assists
- Learn to recognize, prevent and respond to cold water emergencies

Length

No minimum number of hours suggested

Instructor

Currently authorized Water Safety (r.09) instructor

Certification Requirements

- Demonstrate competency in all required skills and activities, including in-water skills
- Successfully complete the following exit skills assessment:
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.

Certificate Issued and Validity Period

Learn-to-Swim Level 3: Stroke Development – No validity period

Participant Materials

Swimming and Water Safety manual (StayWell Stock No. 651314) (Recommended, but not required)

Course: Learn to Swim Level 4: Stroke Improvement

Purpose

To develop participants' confidence in the strokes learned in Level 3 and to improve other aquatic skills

Prerequisites

- Valid American Red Cross Learn-to-Swim Level 3: Stroke Development certificate
- OR
- Successful demonstration of all completion requirements from Level 3

Learning Objectives

- Headfirst entries from the side in compact and stride positions
- Swim under water
- Feetfirst surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back
- Learn to look carefully before entering the water
- Learn what to think about and do when exhausted or caught in a dangerous situation
- Learn to perform simple nonswimming assists
- Learn about recreational water illnesses and how to prevent them

Length

No minimum number of hours suggested

Instructor

Currently authorized Water Safety (r.09) instructor

Certification Requirements

- Demonstrate competency in all required skills and activities, including in-water skills
- Successfully complete the following exit skills assessment:
 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

Certificate Issued and Validity Period

Learn-to-Swim Level 4: Stroke Improvement – No validity period

Participant Materials

Swimming and Water Safety manual (StayWell Stock No. 651314) (Recommended, but not required)

Course: Learn to Swim Level 5: Stroke Refinement

Purpose

To further learn how to coordinate and refine strokes

Prerequisites

- Valid American Red Cross Learn-to-Swim Level 4: Fundamental Aquatic Skills certificate
- OR
- Successful demonstration of all completion requirements from Level 4

Learning Objectives

- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling
- Learn to look carefully before entering the water
- Learn what to think about and do when exhausted or caught in a dangerous situation
- Learn to perform simple nonswimming assists
- Learn about recreational water illnesses and how to prevent them
- Learn how to call for help and the importance of knowing first aid and CPR
- Learn basic safety guidelines for participating in aquatic activities at waterparks

Length

No minimum number of hours suggested

Instructor

Currently authorized Water Safety (r.09) instructor

Certification Requirements

- Demonstrate competency in all required skills and activities, including in-water skills
- Successfully complete the following exit skills assessment:
 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.

Certificate Issued and Validity Period

Learn-to-Swim Level 5: Stroke Development – No validity period

Participant Materials

Swimming and Water Safety manual (StayWell Stock No. 651314) (Recommended, but not required)

Course: Learn to Swim Level 6: Fitness Swimmer

Purpose

To refine strokes so participants swim them with more ease, efficiency, power and smoothness and over greater distances

Prerequisites

- Valid American Red Cross Learn-to-Swim Level 5: Stroke Refinement certificate
- OR
- Successful demonstration of all completion requirements from Level 5

Learning Objectives

- Increase endurance while swimming the following strokes:
 - Front crawl–100 yards
 - Back crawl–100 yards
 - Butterfly–50 yards
 - Elementary backstroke–50 yards
 - Breaststroke–50 yards
 - Sidestroke–50 yards
- Demonstrate the following turns while swimming:
 - Front crawl open turn
 - Backstroke open turn
 - Sidestroke turn
 - Front flip turn
 - Backstroke flip turn
 - Breaststroke turn
 - Butterfly turn
- Demonstrate etiquette in fitness swimming
- Discuss and demonstrate how to use the following equipment while swimming:
 - Pull buoy
 - Fins
 - Pace clock
 - Paddles
- Describe the principles of setting up a fitness program
- Demonstrate various training techniques
- Calculate target heart rate
- Apply the principles of water exercise

Length

No minimum number of hours suggested

Instructor

Currently authorized Water Safety (r.09) instructor

Certification Requirements

- Demonstrate competency in all required skills and activities, including in-water skills
- Successfully complete the following exit skills assessment:
 1. Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
 2. Perform the Cooper 12-minute swim test and compare results with the preassessment results. (Swim for 12 minutes to cover the greatest distance possible, using whatever stroke is preferred. Rest as necessary, but go as far as possible.)

Certificate Issued and Validity Period

Learn-to-Swim Level 6: Fitness Swimmer – No validity period

Participant Materials

Swimming and Water Safety manual (StayWell Stock No. 651314) (Recommended, but not required)

Course: Learn to Swim Level 6: Fundamentals of Diving

Purpose

- To refine strokes so participants swim them with more ease, efficiency, power and smoothness and over greater distances
- To introduce and practice fundamental springboard diving skills

Prerequisites

- Valid American Red Cross Learn-to-Swim Level 5: Stroke Refinement certificate

OR

- Successful demonstration of all completion requirements from Level 5

Learning Objectives

- Increase endurance while performing the following strokes:
 - Front crawl–100 yards
 - Back crawl–100 yards
 - Butterfly–50 yards
 - Elementary backstroke–50 yards
 - Breaststroke–50 yards
 - Sidestroke–50 yards
- Demonstrate the following turns while swimming:
 - Front crawl open turn
 - Backstroke open turn
 - Sidestroke turn
 - Front flip turn
 - Backstroke flip turn
 - Butterfly Turn
 - Breaststroke Turn
- Discuss and demonstrate the following skills for diving:
 - Basic stretching exercises
 - Body alignment and control
 - Surface dive
 - Diving from Poolside
 - Kneeling position
 - Forward dive fall-in
 - Standing dive
 - Diving from the Diving Board
 - Kneeling position
 - Forward dive fall-in
 - Standing dive
 - Takeoff from the Deck
 - One-part takeoff
 - Two-part takeoff
 - Takeoff from Poolside
 - One-part takeoff

- Takeoff from the Diving Board
 - One-part takeoff
 - Two-part takeoff
- Tuck Position
- Forward Jump, Tuck Position
 - With one-part takeoff from poolside
 - With one-part takeoff from the diving board
 - With two-part takeoff from the diving board
- Forward Dive, Tuck Position
 - With one-part takeoff from poolside
 - With one-part takeoff from the diving board
 - With two-part takeoff from the diving board
- Pike Position
- Forward Jump, Pike Position
 - With one-part takeoff from poolside
 - With one-part takeoff from the diving board
 - With two-part takeoff from the diving board
- Forward Dive, Pike Position
 - With one-part takeoff from poolside
 - With one-part takeoff from the diving board
 - With two-part takeoff from the diving board
- Forward Dive, Pike Position
- Discuss rules for safe diving
- Learn to look carefully before entering the water

Length

No minimum number of hours suggested

Instructor

Currently authorized Water Safety (r.09) instructor

Certification Requirements

- Demonstrate competency in all required skills and activities, including in-water skills
- Successfully complete the following exit skills assessment:
 1. Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
 2. Perform a two-part takeoff with a feetfirst entry from a 1-meter diving board.
 3. Perform a two-part takeoff with a headfirst entry from a 1-meter diving board.

Certificate Issued and Validity Period

Learn-to-Swim Level 6: Fundamentals of Diving – No validity period

Participant Materials

Swimming and Water Safety manual (StayWell Stock No. 651314) (Recommended, but not required)

Course: Parent and Child Aquatics Level 1

Purpose

To familiarize young children (from ages 6 months to about 3 years) to the water and prepare them to learn to swim in the American Red Cross Preschool Aquatics or Learn-to-Swim courses. It is not designed to teach children to become good swimmers or to survive in the water on their own.

Prerequisites

- No skill prerequisites
- Child must be at least 6 months old to enroll
- Parent or other caregiver must accompany each child into the water and participate in each class

Learning Objectives

- Learn to ask for permission before entering the water.
- Learn how to enter and exit the water in a safe manner.
- Feel comfortable in the water.
- Explore submerging to the mouth, nose and eyes completely.
- Explore buoyancy on the front and back position.
- Change body position in the water with support.
- Learn basic water safety rules and how to avoid water hazards around the home.
- Learn about the importance of wearing a life jacket and experience wearing one.
- Learn how to stay safe in, on and around the water, including knowing how to stay safe in the sun and how to avoid recreational water illnesses.
- Learn how to call for help and the importance of knowing first aid and CPR.

Length

No minimum number of hours suggested

Instructor

Currently authorized Water Safety (r.09) instructor

Certification Requirements

Participation

Certificate Issued and Validity Period

Parent and Child Aquatics – No validity period

Participant Materials

None