

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: 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: Personal Water Safety

Purpose

- To refine strokes so participants swim them with more ease, efficiency, power and smoothness and over greater distances
- To teach students how to prevent aquatic emergencies in various aquatic environments.
- To introduce and practice self-rescue techniques

Prerequisites

- Valid American Red Cross Learn-to-Swim Level 5: Stroke Refinement certificate
- OR
- Successful demonstration of all certification 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
 - Butterfly Turn
 - Breaststroke Turn
- Tread water, kicking only, in deep water (2 minutes)
- Demonstrate a feet-first surface dive and retrieve and object from a depth of 7 feet
- Demonstrate the HELP position (2 minutes)
- Demonstrate the huddle position (2 minutes)
- Demonstrate a survival float in deep water (5 minutes)
- Demonstrate a back float in deep water (5 minutes)
- Demonstrate survival swimming (10 minutes)
- Swim while clothed, using any type of stroke if time permits
- Demonstrate self-self-rescue techniques while clothed if time permits
- Discuss basic safety rules for open water environment and boating

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. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.
 3. Swim 20 yards, perform a feetfirst surface dive, retrieve an object from the bottom of the pool at a depth of 7-10 feet, return to the surface and swim 20 yards back to the starting point.

Certificate Issued and Validity Period

Learn-to-Swim Level 6: Personal Safety – No validity period

Participant Materials

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