

# Learn-to-Swim – Level 1

## Skill Chart

### **Water Adjustment, Entry and Exit**

- Enter water using ladder, steps or side
- Exit water using ladder, steps or side

### **Breath Control and Submerging**

- Blowing bubbles through mouth and nose, 3 seconds
- Bobbing, 5 times
- Open eyes underwater and retrieve submerged objects, 2 times, in shallow water

### **Buoyancy on Front**

- Front glide, 2 body lengths
- Recover from a front glide to a vertical position

### **Buoyancy on Back**

- Back glide, 2 body lengths
- Back float, 5 seconds
- Recover from a back float or glide to a vertical position

### **Changing Direction and Position and Treading**

- Roll from front to back
- Roll from back to front

### **Swim on Front and Back**

*All—2 body lengths*

- Alternating leg actions on front and back
- Alternating arm action on front and back
- Combined arm and leg actions on front and back



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# Learn-to-Swim – Level 2

## Skill Chart

### Water Adjustment, Entry and Exit

- Enter water by stepping or jumping from the side into shoulder-deep water
- Exit water using ladder, steps or side from shoulder-deep water

### Breath Control and Submerging

- Fully submerge and hold breath, 10 seconds
- Bobbing, 10 times in chest-deep water
- Open eyes underwater and retrieve submerged objects, 3 times in chest-deep water
- Rotary breathing, 5 times

### Buoyancy on Front

- Front glide, 2 body lengths
- Float in a face-down position, 10 seconds
- Recover from a front float or glide to a vertical position

### Buoyancy on Back

- Back glide, 2 body lengths
- Back float, 15 seconds
- Recover from a back float or glide to a vertical position

### Changing Direction and Position and Treading

- Roll from front to back
- Roll from back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions, 15 seconds in shoulder-deep water

### Swim on Front and Back

- Combined arm and leg actions on front and back, 5 body lengths



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# Learn-to-Swim – Level 3

## Skill Chart

### Water Adjustment, Entry and Exit

- Enter water by jumping from the side into deep water, fully submerge, then recover to the surface and return to the side
- Headfirst entry from the side in a sitting position
- Headfirst entry from the side in a kneeling position

### Breath Control and Submerging

- Bobbing while moving towards safety, 15 times in chest-deep water
- Rotary breathing, 10 times

### Buoyancy on Back

- Back float, 1 minute in deep water

### Changing Direction and Position and Treading

- Change from a vertical to horizontal position on front in deep water
- Change from a vertical to horizontal position on back in deep water
- Tread water, 1 minute in deep water

### Swim on Front and Back

- Push off in a streamlined position on front then begin flutter kicking, 3-5 body lengths
- Push off in a streamlined position on front then begin dolphin kicking, 3-5 body lengths
- Front crawl, 15 yards
- Elementary backstroke, 15 yards
- Back crawl, 10 yards
- Breaststroke kick, 15 yards



# Learn-to-Swim – Level 4

## Skill Chart

### Water Adjustment, Entry and Exit

- Headfirst entry from the side in a compact position
- Headfirst entry from the side in a stride position

### Breath Control and Submerging

- Swim under water, 3-5 body lengths
- Feetfirst surface dive, submerging completely

### Treading

- Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary), 2 minutes

### Swim on Front and Back

- Front crawl, 25 yards
- Breaststroke, 15 yards
- Butterfly, 15 yards
- Push off in a streamlined position on back then begin flutter kicking, 3-5 body lengths
- Push off in a streamlined position on back then begin dolphin kicking, 3-5 body lengths
- Back crawl, 15 yards



# Learn-to-Swim – Level 5

## Skill Chart

### Water Adjustment, Entry and Exit

- Shallow-angle dive from the side
- Shallow-angle dive, glide 2 body lengths and begin any front stroke

### Changing direction and Position and Treading

- Tread water for at least 5 minutes
- Tread water, using legs only for at least 2 minutes
- Front flip turn while swimming
- Backstroke flip turn while swimming

### Swim on Front and Back

- Front crawl, 50 yards
- Breaststroke, 25 yards
- Butterfly, 25 yards
- Elementary backstroke, 50 yards
- Back crawl, 25 yards
- Sidestroke, 25 yards



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