



## American Red Cross Aquatic Program Level Skills

### How to Determine Swim Level

- ✓ Testing is not needed if enrolling in Parent/Child Aquatics.
- ✓ If your child has not participated in swim lessons through Menomonee Falls CE & Rec, they MUST be tested before enrolling in class.
- ✓ Children may be tested, free of charge, at the pool during any open swim times.



Level	Age	Description
<b>Tadpole Parent/Child 1</b>	6m-18m	Provides experiences and activities for children to: 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, explore buoyancy on the front and back position, change body position in the water, learn how to play safely, and experience wearing a life jacket. Max. 10 students.
<b>Frog Parent/Child 2</b>	18m-3yr	Builds upon the skills learned in P/C Level 1 (Tadpoles) and provides experiences and activities for children to: Establish expectation for adult supervision, learn ways to enter and exit the water safely, explore submerging in a rhythmic pattern, glide on the front and back with assistance, perform combined stroke on front and back with help, and change body position in the water. Max. 10 students.
<b>Turtle Preschool 1</b>	3 & 4 Under 42" tall	Orients children to the aquatic environment and helps them gain basic aquatic skills including: Entering and exiting water, 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, and alternating and simultaneous arm actions on front and back, and combined arm and leg actions on front and back. Max. 5 students.
<b>Narwhal Preschool 2</b>	3 & 4 Under 42" tall	Helps children develop more comfort in and around water and to gain greater independence in the following skills: 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, and finning arm action on back. Max. 5 students.
<b>Dolphin Preschool 3</b>	4 & 5 Under 42" tall	Increase proficiency and build on the basic aquatic skills learned in preschool aquatics levels 1 & 2 (Turtles & Narwhals). Reinforce water safety concepts and skills introduced in earlier levels and introduce additional water safety topics. Max. 5 students.

Level Ages 5+	Description (not all skills are listed)	Requirement to Pass
<b>Level 1</b> Introduction to Water Skills	Water safety, submerging under water, front float, back float, front glide, back glide, swim on front, swim on back. All skills are completed with assistance. Max. 7 students.	Beginning to be independent with all skills.
<b>Level 2</b> Fundamental Aquatic Skills	Water safety, bobbing, front float for 10 seconds, back float for 10 seconds, front glide, back glide, treading water, swim on front, swim on back, rotary breathing. All skills are independent. Max. 6 students.	Must be able to swim 15 yards with rotary breathing.
<b>Level 3</b> Stroke Development	Water safety, diving, back float in deep water 1 minute, treading water for 1 minute, butterfly kick, survival float for 30 seconds, and 15 yards each of front crawl, elementary backstroke and scissors kick. Max. 7 students.	Must be able to swim on front and elementary backstroke for 15 yards continuously.
<b>Level 4</b> Stroke Improvement	Water safety, diving, survival swim 1 minute, treading 2 minutes, open turns, 15 yards each of back crawl, sidestroke, breaststroke and butterfly, 25 yards each of front crawl and elementary backstroke. Max. 8 students.	Must be able to successfully swim all distances without stopping and tread for 2 minutes.
<b>Level 5</b> Stroke Refinement	Water safety, importance of CPR, dives, tread w/2 kicks, tread without arms, flip turns, 50 yards each of front & elementary backstroke, 25 yards each of back crawl, butterfly, breaststroke, and sidestroke. Max. 8 students.	Strokes must have the right distance, body position, arms, kick, breathing and timing.
<b>Level 6</b> Stroke Proficiency	100 yards each of front crawl and elementary backstroke, 50 yards each of back crawl, breaststroke, sidestroke, and butterfly. Also Cooper Test. Max. 8 students.	Must be able to improve on Cooper test and have complete proficiency in all strokes and dives.