

Learn to Swim Program Overview & Levels

Parent – Tot 1 (6 months to approximately 3 years):

For Parent-Tot our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for infants and parents. Child and parent learn to explore the water together (parents must be in the water). The instructor teaches parents the techniques and songs to make water exploration a great experience.

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 to the mouth, nose and eyes and fully submerging.
- Explore buoyancy on the front and back position.
- Change body position in the water.
- Learn how to play safely.
- Plus age-appropriate water safety topics.

Parent – Tot 2 (6 months to approximately 3 years):

Routines and the familiar are extremely important to this age group. Each class uses toys, songs, fun and games to keep the children engaged and enjoying the water experience, all-the-while teaching them basic aquatic skills. Parents may be asked to accompany their child in this lesson if necessary.

Builds upon the skills learned in “Parent-Tot” and provides experiences and activities for children to:

- Establish expectation for adult supervision.
- Learn more ways to enter and exit the water in a safe manner.
- Explore submerging in a rhythmic pattern.
- Glide on the front and back with assistance.
- Perform combined stroke on front and back with assistance.
- Change body position in the water.
- Plus age-appropriate water safety topics.

Learn to Swim Program Overview & Levels

Pre-School Overview

Throughout the three levels, preschool-age children are taught basic aquatic safety and swimming skills, all the while increasing their comfort level in and around the water. Skills are age-appropriate, helping children achieve success on a regular basis and enjoy social interactions with other children. As in all Swimming and Water Safety courses, your child will always know that it's safety first.

*****Note that age is mere suggestions; children should be placed in lessons based on their skills. Skills should be evaluated by a Water Safety Instructor before registration. *****

Preschool Level 1 (approximately 4 to 5 years old):

Orients children to the aquatic environment and helps them gain basic aquatic skills.

- Enter water using ramp, steps or side
- Exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Submerge mouth, nose and eyes
- Open eyes underwater and retrieve submerged objects
- Front glide and recover to a vertical position
- Back glide and recover to a vertical position
- Back float
- Roll from front to back and back to front
- Tread with arm and hand actions
- Alternating and simultaneous arm and leg actions on front
- Alternating and simultaneous arm and leg actions on back
- Combined arm and leg actions on front and back
- Plus age-appropriate water safety topics

Preschool Level 2 (approximately 4 to 5 years old):

Helps children gain greater independence in their skills and develop more comfort in and around water.

- Enter water by stepping in from a deck or low height
- Exit water using ladder, steps or side
- Bobbing
- Open eyes underwater and retrieve submerged objects
- Front float
- Back glide and float and recover 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
- Finning arm action on back
- Plus age-appropriate water safety topics

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Preschool Level 3 (approximately 4 to 5 years old):

Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

- Enter water by jumping in
- Fully submerge and hold breath
- Bobbing
- Rotary breathing
- Front, jellyfish and tuck floats
- Front and back float or glide and recover to a vertical position
- 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 on back
- Plus age-appropriate water safety topics

Learn – To – Swim Program Overview

Designed to help participants achieve maximum success, Learn-to-Swim courses are based on a logical, six-level progression that helps swimmers of varying ages and abilities develop their water safety, survival and swim skills. (Fort Bragg Aquatics Dept only offers Levels 1 through 4. Once completion of Level 4 we encourage families to have the children to join the Fort Bragg Fighting Fish Swim Team. A fantastic way for children to learn the lifelong benefits of sports and fitness with aquatic programs).

*****Note that age is mere suggestions; children should be placed in lessons based on their skills. Skills should be evaluated by a Water Safety Instructor before registration. *****

Learn – To – Swim Level 1(children approximately 6 years through teen):

Helps participants feel comfortable in the water.

- Enter water using ramp, steps or side
- Exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes underwater and retrieve submerged objects
- Front and back glides and recover to a vertical position
- Back float
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous arm and leg actions on front
- Alternating and simultaneous arm and leg actions on back
- Combined arm and leg actions on front and back
- Plus age-appropriate water safety topics

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Learn – To – Swim Level 2(children approximately 6 years through teen):

Gives participants success with fundamental skills.

- Enter water by stepping or jumping from the side
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing
- Open eyes underwater and retrieve submerged objects
- Rotary breathing
- Front, jellyfish and tuck floats
- Back glide and recover to a vertical position
- Front glide and recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front and back
- Finning arm action
- Plus age-appropriate water safety topics

Learn – To – Swim Level 3(children approximately 6 years through teen):

Builds on the skills in Level 2 through additional guided practice in deeper water.

- Enter water by jumping from the side, fully submerge then recover to the surface and return to the side
- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Back float
- Survival float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter and dolphin kicks on front
- Scissors and breaststroke kicks
- Front crawl and elementary backstroke
- Plus age-appropriate water safety topics

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Learn – To – Swim Level 4(children approximately 6 years through teen):

Develops confidence in the skills learned and improves other aquatic skills.

- Headfirst entries from the side in compact and stride positions
- Swim underwater
- Feetfirst surface dive
- Survival swimming
- Open turns on front and back
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back
- Plus age-appropriate water safety topics

Adult Swim (teens through adults)

American Red Cross Adult Swim is intended for teens and adults who wish to improve their knowledge and skill for many reasons. It may be to overcome their fear of the water and to learn the basic skills and achieve a minimum level of water competency to improve their skill and technique either to increase their level of safety to improve their health and fitness or to perhaps compete in triathlons or to join a master's team.

There are three courses in Red Cross Adult Swim:

- Adult Swim—Learning the Basics
- Adult Swim—Improving Skills and Swimming Strokes
- Adult Swim—Swimming for Fitness