

Fort Atkinson Schools Swim Program

SWIM SKILL LEVEL DESCRIPTION'S (American Red Cross)

Class	Age	Size	Description	Exit Skills Required To Get To Next Level
Parent Tot / Preschool Parent must be in water with child. Various skill levels.	6 Months to 5 Years	12	Introduce basic skills to parents and children. Parents are taught to safely work with their child. Improve on basic skills and learn more advanced ones. Teach safe practices around the water. Try to move from skills requiring assistance to independent locomotion skills. Continue guidance to improve more proficient performance levels. Depending on age and readiness, skills are performed independently.	Enter independently, using steps or side of pool. Submerge to mouth and blow bubbles, exit water. Glide on front at least 2 body lengths, roll to back for 5 seconds then recover to vertical position. Glide on back for 2 body lengths, roll to front, float 5 seconds, then recover to vertical position. 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.
Pre – 1 Introduction To Water Skills	Ages 5 and up	4	This class is offered for a swimmer who may have a fear of the water, likes a smaller class size, or is recommended by an instructor. Good class to build confidence and skills prior to a level 1 class. (The content taught in this class is the same as a Level 1 class; however we keep the class to 4 students.)	Enter water independently, travel 5 yards, bob 3 times then safely exit the water. With support, glide on front at least 2 body lengths, roll to back float for 3 seconds and recover to a vertical position
Level 1 (Puddlers) Introduction To Water Skills	Ages 6 and up	6	Learn basic personal water safety information and skills. Help students feel comfortable in the water and enjoy water safely. Learn elementary aquatic skills.	Enter water independently, travel 5 yards, bob 3 times then safely exit the water. With support, glide on front at least 2 body lengths, roll to back float for 3 seconds and recover to a vertical position
Level 2 (Polywogs; Guppies) Fundamental Aquatic Skills	Ages 6 and up	6	Will give students success with fundamental skills. Will learn to float without support. Marks the beginning of true locomotion skills. Will lay the foundation for future strokes.	Step from side into chest-deep water, move into front float for 5 seconds, roll to back and float for 5 seconds then return to vertical position. Move into a back float for 5 seconds, roll to front then recover to a vertical position. 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.
Level 3 (Tadpoles; Frogs) Stroke Development	Ages 6 and up	6	Will build on previously learned skills by providing additional guided practice. Will learn survival float, front crawl and elementary backstroke. Will be introduced to scissors and dolphin kicks. Will learn rules for headfirst entries and how to enter the water headfirst from a seated position.	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.
Level 4 Stroke Improvement	Ages 6 and up	8	Will develop swimmer's confidence. Will improve their skills and increase endurance. Will learn the arms for the sidestroke. Will also learn back crawl, breaststroke and butterfly.	Perform feet-first entry into deep water, swim front crawl for 25 yards, change direction and position, and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and position, and swim back crawl for 15 yards.
Level 5 Stroke Refinement	Ages 6 and up	12	Objectives are coordination and refinement of strokes. Will refine performance of all the strokes (front/back crawl, butterfly, breast, elementary, side) and increase the distances. Flip turns are introduced.	Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel, and swim elementary backstroke for 50 yards. Swim breaststroke for 25 yards, change direction and position of travel, and swim back crawl for 25 yards.
Level 6 Swimming & Skill Proficiency	Ages 6 and up	12	Objectives are to refine strokes to swim with more ease, power, and efficiency. Two options are offered: Personal Water Safety or Fitness Swimmer.	Swim 500 yards continuously using any 3 strokes, swimming 50 yards of each stroke. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes. Perform a feet-first surface dive, retrieve an object from the bottom of the pool at a depth of 7 – 10 feet, return to surface and return to starting point.

Please Note: Swimmer must pass the previous level or be able to complete the exit skills for the previous level.