

Swim Reedsburg

American Red Cross

Red & Orange

Level 1

Participants will learn to...

- enter/exit water safely
- submerge mouth, nose, eyes
- swim on front using arm and leg action
 - float on front and back
- exhale through mouth and nose
- explore arm and leg movements
 - use of lifejacket
- basic water safety rules

Polka Dot, Yellow & Checkered

Level 2

Participants will learn to...

- roll over from front to back and back to front
- swim on front and back using combined strokes
 - swim on side
- tread water using arm and leg motions
 - submerge head
- perform front and back glides

Green & Teal

Level 3

Participants will learn to...

- jump into deep water
- HELP and huddle position
- change from vertical to horizontal position on front and back
 - reaching assist
- submerge and retrieve object
 - front and back crawl
- butterfly kick and body motion
- emergency call-check-care

Blue (45 minute class)

Level 4

Participants will learn to...

- stroke improvement and refinement
- develop confidence in strokes learned
 - improve other skills

Purple (45 minute class)

Level 5

Participants will learn to...

- stroke refinement: provides further coordination and refinement of strokes

Flag (45 minute class)

Level 6

Participants will learn to...

Swimming and Skill Proficiency: refines the strokes so students swim with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options. Each of these options focus on preparing students to participate in more advance courses, such as Water Safety Instructor and Lifeguard Training. These options include:

- personal water safety
- lifeguard readiness
- fundamentals of diving
- fitness swimming

Parent Tot

Offered for ages 3 months and up for those children who are not ready for the Red Level. Participants are in the water with their parent or other adult.

Parent Tot

Parents will be taught how to work with their infant and/or toddler. Toys and activities are used to create a fun atmosphere for learning.