



SRCC SWIM LEVELS

RED CROSS SWIM LEVELS

RED CROSS SWIM LEVELS	1	Polliwog	Starfish	Guppy
		<ol style="list-style-type: none"> 1. Water Exploration 2. Enter water safely 3. Enter & Exit the water independently 	<ol style="list-style-type: none"> 1. Blowing bubbles 2. Putting face underwater 3. Hold breath for 5 seconds 4. Bobbing for toys 	<ol style="list-style-type: none"> 1. Opening eyes under water 2. Swimming under water 3. Hold breath for 10 seconds 4. Prone float
	2	Eel	Ray	Minnow
		<ol style="list-style-type: none"> 1. Prone float with flutter kicks 2. Back float 3. Crawl arm stroke 4. Rhythmic breathing 5. Rolling over front to back 	<ol style="list-style-type: none"> 1. Back float with kick 2. Rhythmic breathing 3. Flutter kick 4. Crawl arm stroke 5. Coordinate kick & stroke 	<ol style="list-style-type: none"> 1. Back float with flutter kick 2. Coordinate kick & stroke with breathing 3. Finning on back 4. Begin to tread water
	3	Turtle	Flounder	Pike
		<ol style="list-style-type: none"> 1. Jump into deep water 2. Tread for 15 seconds 3. Front crawl with breathing 4. Begin back crawl technique 	<ol style="list-style-type: none"> 1. Coordinated back crawl 2. Front crawl with breath 3. Retrieve objects, eyes open 4. Begin survival stroke 	<ol style="list-style-type: none"> 1. Survival stroke 15 yards 2. Begin elementary backstroke 3. Tread water for 30 seconds 4. Front crawl with breath 15 yards
	4	Flying Fish		Barracuda
		<ol style="list-style-type: none"> 1. Front & back crawl, 25 yards 2. Elementary backstroke 3. Breaststroke kick 4. Sidestroke kick Open turns 		<ol style="list-style-type: none"> 1. Deep water bobbing 2. Advanced tread water, 1 minute 3. Back float deep water 4. Underwater swim 5. Feet first surface dives
5	Piranha		Dolphin	
	<ol style="list-style-type: none"> 1. Sidestroke & Breaststroke arms 2. Front & back crawl 3. Backstroke 4. Elementary butterfly 5. Underwater swim 		<ol style="list-style-type: none"> 1. Tread water, >2 mins 2. Survival swimming 3. Rescue breathing 4. Begin flip turn techniques 5. Sidestroke with kicks 	
6	Shark		Swordfish	
	<ol style="list-style-type: none"> 1. Breaststroke, 50 yards 2. Front Crawl, 50 yards 3. Back crawl, 50 yards 4. Butterfly, 20 yards 5. Sidestroke with inverted kick 		<ol style="list-style-type: none"> 1. Tread water 5 minutes 2. Retrieve diving brick, 5 feet 3. Distance swimming 4. Accomplished flip turn & underwater swim 5. Accomplished stroke technique 	