



Swimming Lesson Level Descriptions

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Parent Child

- Climb in and out of pool by self
- Kick feet in water while sitting on pool edge
- Bring water to face with hands
- Dig in water using forward motion
- Blow bubbles in water
- Kick feet using floating aide
- Bob in water 5X
- Hold breath 3 seconds
- Open eyes under water
- Front float with support
- Front float to parent/instructor
- Back float with support
- Jump to parent/instructor and submerge
- Child puts face in water to retrieve object
- Child jumps to parent/instructor and returns to edge using reaching motion

Seashells (Pre-school 1)

- Enter and exit water independently
- Blow bubbles
- Bob 1-2X
- Big jumps forward
- Walk with alternating arms
- Hold breath 1-3 seconds
- Front float with aide and help
- Back float with aide and help
- Front float kick with aide and help
- Back float kick with aide and help

Corals (Pre-school Beginner 2)

- Front float with aide
- Back float with aide
- Front float with kick and aide
- Back float with kick and aide
- Hold breath 3-5 seconds
- Jump into water
- Bob 4-7X

Starfish (Pre-school 3)

- Climb in and out of pool by self
- Jump in from side and immerse
- Go into deep water
- Swim with PFD
- Hold breath 5-8 seconds
- Bob 3-5X
- Front float by self 3-5 seconds
- Back float by self 3-5 seconds
- Front float with kick 3 yards
- Back float with kick 3 yards
- Rhythmic breathing 5X

Bullfrogs (Pre-school 4)

- Sitting dive
- Release of cramp
- Bobs 6-9X
- Rhythmic breathing 10X
- Front swim with alternating arms
- Turn over front to back
- Turn over back to front
- Back float 5-8 seconds
- Front float 5-8 seconds
- Back float with finning or sculling
- Back float with kick and arms
- Jump into deep water with assistance
- Front crawl with rotary breathing and alternating arms with assistance

ARC Level 1-Introduction to Water Skills

- Enter and exit water independently
- Put face in water to retrieve object-eyes open
- Blow bubbles underwater
- Bob 5X submerging completely
- Front float with aide and recover
- Back float with aide and recover
- Finning/Sculling movements
- Walk 5 yards in chest deep water keeping balance and alternating arms
- Kicking flutter front/back with aide
- Kicking dolphin on front
- Front crawl/backcrawl 5 feet with support
- Discuss importance of pool rules
- Discuss distressed swimmer
- How to get help
- Release cramp
- Wear lifejacket on deck and enter shallow water

ARC 1Exit Skills:

1. Enter unassisted, move for 5 yards, Bob 5 times to chin level and safely exit the water.
2. Float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds.

ARC Level 2-Fundamental Aquatic Skills

- Hold breath and fully submerge 5-8 seconds
- Submerge and retrieve object in chest deep water-eyes open
- Explore deep water with support
- Front/Back float independently for 5 seconds
- Survival floats 5 seconds
- Floating from a standing position
- Rhythmic breathing at pool edge or with floatation aide
- Tread water 15 seconds
- Get in/out at side of pool independently
- Dolphin/Scissors kick on side with kickboard
- Flutter kick on front/back with aide
- Swim on side, scissors kick
- Finning/sculling on back
- Back crawl arm action
- Front crawl arm action
- Front/Back stroke with kick and alternating arms for 15 feet
- Turn over front to back/back to front
- Put lifejacket on in shallow water and float face up for 1 minute
- Reaching and extension assists from deck
- Assist non-swimmer to feet

ARC 2 Exit Skills:

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move back to a back float for 5 seconds and return to standing position.
2. Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.

ARC Level 3 – Stroke Development

- Retrieve object from bottom of pool with eyes open
- Bob 5X
- Rhythmic breathing with body in horizontal position 5X
- Jump into deep water from side of pool
- Dive into pool using kneeling or sitting position
- Push off and front float 3 body lengths using flutter and dolphin kicks
- Swim 10 yards of front crawl with breathing to the side
- Swim 10 yards of back crawl
- Elementary backstroke and flutter kick with/without board 10 yards
- Change from vertical to horizontal position on front and back in deep water
- Butterfly kick and body motion 15 feet
- Discuss safe diving and general water rules
- Tread water 30 seconds
- Jump into deep water with lifejacket on
- Demonstrate HELP/huddle positions for 1 minute
- Check-Call-Care

ARC 3 Exit Skills:

1. Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds and swim back crawl for 15 yards.

ARC Level 4 – Stroke Improvement

- Swim underwater 3 body lengths
- Perform a feet-first surface dive and submerge completely
- Demonstrate survival floats and back float for 1 minute
- Open turns on front and back using streamline positions
- Dive from side of pool using compact or stride position
- Swim 15 yards of elementary backstroke
- Swim 15 yards of breaststroke
- Swim 25 yards of front crawl using rotary breathing
- Swim back crawl for 25 yards
- Breaststroke kick, with/without kickboard, 15yards
- Sidestroke kick, with/without kickboard 15 yards
- Swim butterfly 15 yards
- Tread water for 1 minute using one of the following kicks; modified scissors, modified breaststroke, or rotary.
- Compact jump from height using lifejacket
- Throwing assist
- Additional rules for safe diving
- Care for a conscious choking victim

ARC 4 Exit Skills:

1. Perform a feet-first entry into chest deep water, swim front crawl for 25 yards, maintain position on back for 1 minute in deep water (floating or sculling) and swim elementary backstroke for 15 yards.
2. Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

ARC Level 5 – Stroke Refinement

- Shallow dive from side, glide two body lengths and begin any front stroke
- Swim underwater 15 yards
- Tuck and pike surface dives
- Swim breaststroke 25 yards
- Swim sidestroke 25 yards
- Swim butterfly 25 yards
- Swim elementary backstroke 25 yards
- Swim butterfly 25 yards
- Swim front crawl 50 yards
- Swim back crawl 50 yards
- Demonstrate a flip turn on front and back
- Tread water using two different types of kicks 2 minutes each time
- Survival swimming 2 minutes
- Survival float and back float each 2 minutes
- Demonstrate rescue breathing

ARC 5-Exit Skills:

1. Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

ARC 6-Lifeguard Readiness

- Swim front crawl 100 yards
- Swim back crawl 100 yards
- Swim breaststroke 50 yards
- Swim elementary back stroke 50 yards
- Swim butterfly 50 yards
- Front and back crawl open turns
- Sidestroke turn
- Front crawl and back crawl flip turns
- Butterfly turn
- Breaststroke turn

Lifeguard Readiness Skills:

- Tread water 5 minutes, in deep water
- Tread water only using a kick for 2 minutes
- Compact jump with rescue tube from board
- Approach stroke with rescue tube trailing 25 yards
- Breaststroke with rescue tube trailing 22 yards
- Swim on back holding 10# brick and keep face out of water 25 yards
- Hip and shoulder support
- Head splint technique
- Using a backboard including two-person removal from water
- Wading and walking assists with equipment
- Reaching and throwing assists
- Feet first/tuck/pike surface dives to retrieve object from bottom of pool

ARC 6 Lifeguard Readiness Exit Skills:

1. Swim 500 yards continuously: 100yd front crawl, 100yd back crawl, 100yd breaststroke 50 yd, 50 yd elementary backstroke, 50yd sidestroke, 50 yard butterfly and 100 yd choice.
2. Swim 20 yards using front crawl or breaststroke to 7-10 ft, retrieve 10# brick and return to surface and swim 20 yards on back or side to starting point with brick in both hands and face out of water.

ARC 6- Personal Water Safety

- Swim front crawl 100 yards
- Swim back crawl 100 yards
- Swim breaststroke 50 yards
- Swim elementary back stroke 50 yards
- Swim butterfly 50 yards
- Front and back crawl open turns
- Sidestroke turn
- Front crawl and back crawl flip turns
- Butterfly turn
- Breaststroke turn

Personal Water Safety Skills:

- Survival float 5 minutes in deep water
- Back float 5 minutes in deep water
- Survival swimming 10 minutes
- Perform self rescue and swimming techniques while clothed
- Basic rules for open water and boating
- Feet first/pike/tuck surface dives
- Surface dive and retrieve 10# brick from bottom of deep end
- Tread water 5 minutes in deep water
- Tread using only a kick for 2 minutes
- HELP and huddle positions with lifejackets in deep water

ARC 6 Personal Water Safety Exit Skills:

1. Swim 500 yards continuously: 100yd front crawl, 100yd back crawl, 100yd breaststroke, 50 yd elementary backstroke, 50yd sidestroke, 50 yard butterfly and 100 yd choice.
2. Jump into deep water, perform a survival float for 5 minutes roll onto back and perform back float for 5 minutes.
3. Perform a feet-first surface dive, retrieve object from bottom at a minimum depth of 7 feet and return to surface and to starting point.

ARC 6 Fitness Swimmer

- Swim front crawl 100 yards
- Swim back crawl 100 yards
- Swim breaststroke 50 yards
- Swim elementary back stroke 50 yards
- Swim butterfly 50 yards
- Front and back crawl open turns
- Sidestroke turn
- Front crawl and back crawl flip turns
- Butterfly turn
- Breaststroke turn

Fitness Swimmer Skills:

- Demonstrate etiquette in fitness swimming using lane lines
- Use a pace clock
- Use a pull buoy while swimming
- Use fins while swimming
- Use paddles while swimming
- Describe the principles of a setting up a fitness program
- Demonstrate various training techniques
- Calculate target heart rate
- Apply principles of water exercise

ARC 6 Fitness Swimmer Pre-assessment:

1. Cooper 12 minutes swim test

ARC 6 Fitness Swimmer Exit Skills:

1. Swim 500 yards continuously using the strokes in the following order: front crawl 100yds, back crawl 100yds, breaststroke 50yds, elementary backstroke 50yds, sidestroke 50yds, butterfly 50yds, choice stroke 100yds.
2. Cooper 12 minutes swim test comparing results with the pre-assessment results.

ARC 6 Fundamentals of Diving

- Swim front crawl 100 yards
- Swim back crawl 100 yards
- Swim breaststroke 50 yards
- Swim elementary back stroke 50 yards
- Swim butterfly 50 yards
- Front and back crawl open turns
- Sidestroke turn
- Front crawl and back crawl flip turns
- Butterfly turn
- Breaststroke turn

Fundamentals of Diving Skills:

- Basic stretching exercises for diving
- Dive from side from kneeling and compact positions
- Dive from side using stride and standing positions
- Approach and hurdle on diving board
- Forward jump, tuck position

ARC 6 Fundamentals of Diving Exit Skills:

1. Swim 500 yards continuously using these stroke in the following order: front crawl 100yds, back crawl 100yds, breaststroke 50yds, elementary backstroke 50yds, sidestroke 50yds, butterfly 50yds, and choice of strokes 100yds.
2. Perform a front approach and hurdle with the feet-first entry from a 1 meter diving board.
3. Perform a front approach and hurdle with a head first entry from a 1 meter diving board. **

**There are 3 skills in this level that cannot be performed in the Brillion Community Center pool due to the fact that we cannot go head first off the diving board because the water is too shallow in the deep well (it is 10 ft deep...needs to be 11.6ft deep to dive off of a 1 meter diving board) So, due to this we cannot give a certification card to anyone who goes thorough this class according to the American Red Cross standards.