

American Red Cross Learn-to-Swim

- **Parent and Child Aquatics** with 2 levels and with ages 6 months to 3 years old.

The purpose is to teach safe behaviors around the water and develop swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on and around water.

- **Preschool Aquatics** with 3 levels and for participants start at 4 and 5 years old.

The purpose is to promote the developmentally appropriate learning of fundamental water safety and aquatic skills by young children. Red Cross Preschool Aquatics teaches aquatic and safety skills in a logical progression through three levels of courses.

- **Learn-to-Swim** with 6 levels and participants start at 6 years of age or have passed preschool level 3 with the age of 5.

Level 1: Introduction to Water Skill

Level 2: Fundamental Aquatic Skills

Level 3: Stroke Development

Level 4: Stroke Improvement

Level 5: Stroke Refinement

Level 6: Swimming and Skill Proficiency

— Personal Water Safety

— Fundamentals of Diving

— Fitness Swimmer