



We are excited to announce that Prairie Township Community Center will offer the **American Red Cross Learn to Swim Program**.

Below is the **placement guide** for the Learn to Swim program:

Learn to Swim Classes: These 45 minute classes are especially designed for children 6-12 years of age.

Level 1: (Ages 6–12 years)

Learning Objectives:

- Enter water using ramp, steps or side
- Exit water using ladder, steps or side
- Blow bubbles, 3 seconds
- Bobbing, 5 times
- Open eyes underwater and retrieve submerged objects, 2 times (in shallow water)
- Front glide, 2 body lengths
- Recover from a front glide to a vertical position
- Back glide, 2 body lengths
- Back float, 5 seconds
- Recover from a back float or glide to a vertical position
- Roll from front to back Roll from back to front
- Arm and hand treading actions (in chest-deep water)
- Alternating leg action on front, 2 body lengths
- Simultaneous leg action on front, 2 body lengths
- Alternating arm action on front, 2 body lengths
- Simultaneous arm action on front, 2 body lengths
- Combined arm and leg actions on front, 2 body lengths
- Alternating leg action on back, 2 body lengths
- Simultaneous leg action on back, 2 body lengths
- Alternating arm action on back, 2 body lengths
- Simultaneous arm action on back, 2 body lengths
- Combined arm and leg actions on back, 2 body lengths

Exit Skills Assessment:

1. Enter independently, using either the ramp, steps or side, travel at least 5 yards, bob 5 times, then safely exit the water. (Participants can walk, move along the gutter or “swim.”)

2. Glide on front at least 2 body lengths, roll to a back float for 5 seconds and recover to a vertical position. (With assistance)

Level 2: (Ages 6–12 years)

Learning Objectives:

- Enter water by stepping or jumping from the side (in shoulder-deep water)
- Exit water using ladder, steps or side (in chest-deep water)
- Fully submerging and holding breath, 5 seconds
- Bobbing, 5 times (in chest-deep water)
- Opening eyes under water and retrieving submerged objects, 2 times (in chest-deep water)
- Front float, 5 seconds
- Jellyfish float, 5 seconds
- Tuck float, 5 seconds
- Front glide, 2 body lengths
- Recover from a front float or glide to a vertical position
- Back float, 15 seconds
- Back glide, 2 body lengths
- Recover from a back float or glide to a vertical position
- Roll from front to back
- Roll from back to front
- Change direction while swimming on front or back
- Treading using arm and leg actions, 15 seconds (in shoulder-deep water)
- Combined arm and leg actions on front, 5 body lengths
- Finning arm action on back, 5 body lengths
- Combined arm and leg actions on back, 5 body lengths

Exit Skills Assessment

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
2. Move into a back float for 5 seconds, roll to front then recover to a vertical position.
3. 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 the front then continue swimming for 5 body lengths.

Level 3: (Ages 6–12 years)

Learning Objectives:

- Enter water by jumping from the side (into deep water)
- Headfirst entry from the side in a sitting position (in water at least 9 feet deep)
- Headfirst entry from the side in a kneeling position (in water at least 9 feet deep)
- Bobbing while moving toward safety, 5 times (in chest-deep water)
- Rotary breathing, 10 times

- Survival float on front, 30 seconds (in deep water)
- Back float, 30 seconds (in deep water)
- Change from vertical to horizontal position on front (in deep water)
- Change from vertical to horizontal position on back (in deep water)
- Tread water, 30 seconds (in deep water)
- Push off in a streamlined position on front then begin flutter kicking, 3–5 body lengths
- Push off in a streamlined position on front then begin dolphin kicking, 3–5 body lengths
- Front crawl, 15 yards
- Breaststroke kick, 15 yards
- Elementary backstroke, 15 yards
- Scissors kick, 15 yards

Exit Skills Assessment:

1. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.
2. Push off in a streamlined position then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.

Level 4: (Ages 6–12 years)

Learning Objectives:

- Headfirst entry from the side in a compact position (in water at least 9 feet deep)
- Headfirst entry from the side in a stride position (in water at least 9 feet deep)
- Swim under water, 3–5 body lengths
- Feet first surface dive, submerging completely
- Survival swimming, 30 seconds (in deep water)
- Front crawl open turn
- Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary), 2 minutes
- Front crawl, 25 yards
- Breaststroke, 15 yards
- Butterfly, 15 yards
- Push off in a streamlined position on back and begin flutter kicking, 3–5 body lengths
- Push off in a streamlined position on back and begin dolphin kicking, 3–5 body lengths
- Elementary backstroke, 25 yards
- Back crawl, 15 yards
- Sidestroke, 15 yards

Exit Skills Assessment

1. Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.
3. Submerge and swim a distance of 3 to 5 body lengths, return to the surface, then exit the water.

Level 5: (Ages 6–12 years)

Learning Objectives:

- Shallow-angle dive from the side (in water at least 9 feet deep)
- Shallow-angle dive, glide 2 body lengths and begin any front stroke (in water at least 9 feet deep)
- Tuck surface dive, submerging completely
- Pike surface dive, submerging completely
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Tread water, 5 minutes
- Front crawl, 50 yards
- Breaststroke, 25 yards
- Butterfly, 25 yards
- Elementary backstroke, 50 yards
- Back crawl, 25 yards
- Standard scull, 30 seconds
- Sidestroke, 25 yards

Exit Skills Assessment

1. Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards.
2. Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.