



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 Adult Swim program:

**Adult Swim Lessons:** Are designed to help participants gain basic aquatic skills and swimming strokes.

### Adult Level 1: (Ages 18 years & Over)

Learning Objectives:

- Enter chest-deep water
- Walk in chest-deep water
- Enter water by stepping or jumping from the side, fully submerge, then recover to the surface and return to the side (in water over the head)
- Roll from front to back
- Roll from back to front
- Change from vertical to horizontal position on front (in deep water)
- Change from vertical to horizontal position on back (in deep water)
- Change from vertical to horizontal position on front, then travel toward safety (in deep water)
- Change from vertical to horizontal position on back, then travel toward safety (in deep water)
- Arm and hand treading actions (in chest-deep water)
- Tread water using arm and leg actions, 1 minute (in deep water)
- Bobbing while traveling toward safety, 15 yards (in chest-deep water)
- Rotary breathing, 15 times Submerge and recover to surface (in deep water)
- Front glide, 5 body lengths, with recovery, (in chest-deep water)
- Survival float, 30 seconds (in deep water)
- Back glide, 2 body lengths, with recovery, (in chest-deep water)
- Back float, 1 minute, with recovery
- Combined arm and leg actions on front with alternating arm action, 2 body lengths
- Front crawl, 15 yards
- Combined arm and leg actions on front with simultaneous arm action (modified breaststroke) 2 body lengths
- Breaststroke 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, turn as necessary to orient to the exit point, level off, swim front crawl and elementary backstroke for 25 yards, and then exit the water.
2. Push off in a streamlined position, then swim front crawl for 25 yards, change position and direction as necessary, swim elementary backstroke for 25 yards, then exit the water.

## Adult Level 2: (Ages 18 years & Over)

### Learning Objectives:

- Enter water by stepping or jumping from the side (into at least shoulder-deep water)
- Rotary breathing, 15 times
- Swim underwater 3 to 5 body lengths
- Feet first surface dive, submerging completely
- Tuck surface dive, submerging completely
- Pike surface dive, submerging completely
- Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary), 5 minutes
- Tread water using only legs, 2 minutes
- Front crawl, 50 yards
- Breaststroke, 50 yards
- Elementary backstroke, 50 yards
- Back crawl, 25 yards
- Sidestroke, 25 yards
- Front crawl open turn while swimming
- Back crawl open turn while swimming
- Front flip turn while swimming
- Backstroke flip turn while swimming

### Exit Skills Assessment:

1. Swim front crawl 50 yards, change direction and position of travel as necessary using an efficient turning style, then swim elementary backstroke for 50 yards, also with an efficient turn.
2. Swim breaststroke 50 yards, change direction of travel using an efficient open turn as necessary, then swim back crawl for 25 yards using an efficient back crawl turn.
3. Submerge underwater and swim 5 body lengths return to the surface, then exit the water.