

## Red Cross Skills Required to Pass Each Level

<p><u>Level One</u></p> <ul style="list-style-type: none"> <li>Enter &amp; Exit water using ladder, steps or side</li> <li>Blowing bubbles through mouth &amp; nose, 3 seconds</li> <li>Bobbing, 3 times</li> <li>Opening eyes under water &amp; retrieving objects, 2 times</li> <li>Recover a front glide to a vertical position</li> <li>Back glide, 2 body lengths</li> <li>Back float, 3 seconds</li> <li>Recover from back float or glide to a vertical position</li> <li>Roll from front to back &amp; back to front</li> <li>Treading using arm and hand actions</li> <li>Alternating leg action on front, 2 body lengths</li> <li>Simultaneous leg action on front, 2 body lengths</li> <li>Alternating arm action on front, 2 body lengths</li> <li>Simultaneous arm action on front, 2 body lengths</li> <li>Combined arm and leg actions on front, 2 body lengths</li> <li>Alternating leg action on back, 2 body lengths</li> <li>Simultaneous leg action on back, 2 body lengths</li> <li>Alternating arm action on back, 2 body lengths</li> <li>Simultaneous arm action on back, 2 body lengths</li> <li>Combined arm and leg actions on back, 2 body lengths</li> <li>Safety Topics</li> <li>2 Exit Skill Assessments</li> </ul>	<p><u>Level Four</u></p> <ul style="list-style-type: none"> <li>Headfirst entry from the side in a compact position</li> <li>Headfirst entry from the side in a stride position</li> <li>Swim under water, 3-5 body lengths</li> <li>Feetfirst surface dive, submerging completely</li> <li>Survival swimming, 30 seconds</li> <li>Front crawl open turn</li> <li>Backstroke open turn</li> <li>Tread water using 2 different kicks, 2 minutes</li> <li>Front crawl, 25 yards</li> <li>Breastroke, 15 yards</li> <li>Butterfly, 15 yards</li> <li>Push off in a streamlined position on back and begin flutter kicking, 3-5 body lengths</li> <li>Push off in a streamlined position on back and begin dolphin kicking, 3-5 body lengths</li> <li>Elementary backstroke, 25 yards</li> <li>Back crawl, 15 yards</li> <li>Sidestroke, 15 yards</li> <li>Safety Topics</li> <li>2 Exit Skill Assessments</li> </ul>
<p><u>Level Two</u></p> <ul style="list-style-type: none"> <li>Enter water by stepping or jumping from the side</li> <li>Exit water using ladder, steps or side</li> <li>Fully submerging and holding breath, 5 seconds</li> <li>Bobbing, 5 times</li> <li>Opening eyes under water and retrieving submerged objects, 2 times</li> <li>Front float, 2 seconds</li> <li>Jellyfish float, 5 seconds</li> <li>Tuck float, 5 seconds</li> <li>Front glide, 2 body lengths</li> <li>Recover from a front float or glide to a vertical position</li> <li>Back float, 15 seconds</li> <li>Back glide, 2 body lengths</li> <li>Recovers from a back float or glide to a vertical position</li> <li>Roll from front to back &amp; back to front</li> <li>Change direction of travel while swimming on front or back</li> <li>Treading using arm and leg actions, 15 seconds</li> <li>Combined arm and leg actions on front, 5 body lengths</li> <li>Finning arm action of back, 5 body lengths</li> <li>Combined arm and leg actions on back, 5 body lengths</li> <li>Safety Topics</li> <li>3 Exit Skill Assessments</li> </ul>	<p><u>Level Five</u></p> <ul style="list-style-type: none"> <li>Shallow angle dive from the side</li> <li>Shallow angle dive, glide 2 body lengths and begin any front stroke</li> <li>Tuck surface dive, submerging completely</li> <li>Pike surface dive, submerging completely</li> <li>Front flip turn while swimming</li> <li>Backstroke flip turn while swimming</li> <li>Tread water, 5 minutes</li> <li>Front crawl, 50 yards</li> <li>Breaststroke, 25 yards</li> <li>Butterfly, 25 yards</li> <li>Elementary backstroke, 50 yards</li> <li>Back crawl, 25 yards</li> <li>Standard scull, 30 seconds</li> <li>Sidestroke, 25 yards</li> <li>Safety Topics</li> <li>2 Exit Skill Assessments</li> </ul>
<p><u>Level Three</u></p> <ul style="list-style-type: none"> <li>Enter water by jumping from the side</li> <li>Headfirst entry from the side in a sitting position</li> <li>Headfirst entry from the side in a kneeling position</li> <li>Bobbing while moving toward safety, 5 times</li> <li>Rotary breathing, 10 times</li> <li>Survival float on front, 30 seconds</li> <li>Back float, 30 seconds</li> <li>Change from vertical to horizontal position on front</li> <li>Change from vertical to horizontal position on back</li> <li>Tread water, 30 seconds</li> <li>Push off in a streamlined position on front then begin flutter kicking, 3-5 body lengths</li> <li>Push off in a streamlined position on front then begin dolphin kicking, 3-5 body lengths</li> <li>Front crawl, 15 yards</li> <li>Elementary backstroke, 15 yards</li> <li>Scissors kick, 10 yards</li> <li>Safety Topics</li> <li>1 Exit Skill Assessments</li> </ul>	<p><u>Level Six</u></p> <ul style="list-style-type: none"> <li>Front crawl, 100 yards</li> <li>Elementary backstroke, 100 yards</li> <li>Back crawl, 50 yards</li> <li>Breaststroke, 50 yards</li> <li>Sidestroke, 50 yards</li> <li>Butterfly, 50 yards</li> <li>Front crawl open turn while swimming</li> <li>Backstroke open turn while swimming</li> <li>Front flip turn while swimming</li> <li>Backstroke flip turn while swimming</li> <li>Sidestroke turn while swimming</li> <li>Butterfly turn while swimming</li> <li>Breaststroke turn while swimming</li> <li>Circle swimming</li> <li>Using a pace clock/ Calculate target heart rate</li> <li>Using a pull buoy while swimming, 25 yards</li> <li>Using fins while swimming, 25 yards</li> <li>Using paddles while swimming, 25 yards</li> <li>Describe the principles of setting up an exercise program</li> <li>Demonstrate various training techniques</li> <li>Aquatic exercise</li> <li>2 Exit Skills Assessment</li> </ul>