

Learn-to-Swim Level 8: Advanced

Advanced Options

Skills

- Surface dive and retrieve objects from the bottom, 7-10 feet deep

Swimming

- Freestyle for 100 yards
- Freestyle backstroke for 100 yards
- Breaststroke for 100 yards
- Back crawl for 100 yards
- Butterfly for 100 yards
- Sidestroke for 100 yards
- Demonstrate open buoy and float and back flip turns when swimming

Exit Assessment

- Swim 100 yards continuously, using any 7 strokes of choice, swimming at least 100 yards of each stroke

Note: Additional exit assessments are required, depending on the course option selected.

Safety Focus

- Learn about floating below the surface
- Think: Be You Don't Bore
- Swim on 4 P's: Plan is Lifeguard's Choice
- Look Before You Leap
- The danger of shallow water and extended breath-holding

Course Options

- Private Lessons
- Private Water Safety
- Fundamentals of Diving



Name: _____ Date: _____

Address: _____

Comments: _____

• You have successfully completed an exit/assessment!

Signature: _____

American Red Cross

Congratulations! You've earned the following badges:

Preschool Aquatics Levels 1 and 2 and Learn-to-Swim Level 1

- Beginning Under Water
- Backward Flip
- Head-to-Heel Flip

Preschool Aquatics Level 3 and Learn-to-Swim Level 2

- Biking
- Combined Stroke or Front with Buoys

Learn-to-Swim Level 3

- Back Flip
- Water Competency
- Life Jacket
- Reach or Throw, Don't Go
- My First 100

Learn-to-Swim Level 4

- Head Under
- Backward Backstroke
- Backstroke
- My First 100
- Combined Flip
- 100 Yard

Learn-to-Swim Level 5

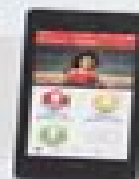
- Front Crawl
- Breaststroke
- Backstroke
- Buoys
- Flip Turn
- Shoulder-Width Flip
- 100 Yard Swim

Important: Please print these earned badge details.

Share your badge and get even more out of your swim lessons with the **Swim App**



Get started by installing and downloading your app to download the app or search the "Swim" app store on Google Play™ for American Red Cross



Red Cross Achievement Booklet Swim Lessons

Jianjun Gao



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A Comprehensive Guide to Sports Skills Tests and Measurement D. Ray Collins, Patrick B. Hodges, 2001 Contains 86 skills tests for 28 sports from the junior high through college level Entries on tests offer descriptions directions and educational applications and give notes on time and personnel needed equipment and supplies scoring method and norms and validity and reliability Chapter bibliographies include all sports skills tests constructed for a sport whether authenticated or not Lacks a subject index Collins teaches physical education and sport science at St Cloud State University Hodges teaches physical education at Sinclair Community College Annotation copyrighted by Book News Inc Portland OR *Field Manual* United States. Department of the Army, 1943 *Raffy Learns to Swim* American Red Cross, 2004 **Portland Baby Resource Guide** Kari Hazen, Amy Cavers, 1996 *Aging*, 1972 *Physical Training* United States. War Department, 1943 *The Handbook of Canadian Boarding Schools* Ashley Thomson, Sylvie Lafortune, 1999-09-01 Private schools have frequently provided innovative experimental and creative program unavailable to students in the public system The most successful have survived and expanded by offering an educational experience widely perceived to be not just as good as that available in the public system but better In Canada private schools are enjoying an unprecedented popularity and while most are day only over sixty sustain boarding programs as do two off shore Canadian schools The Handbook of Canadian Boarding Schools presents information on the educational environment of each province then offers comparative information on each boarding school The information on each school includes basic data location history philosophy the campus boarding facilities health and safety administration and faculty student body and student conduct academic calendar and program information technology student activities and student conduct admission and costs The Handbook also supplies several appendices outlining important programs often available through boarding schools such as Advanced Placement courses and the International Baccalaureate For parents in Canada and abroad about to commit substantial sums to their children s education the Handbook of Canadian Boarding Schools is an essential tool to help them make the right decision It is also an indispensable resource for supporters of the public system looking for ideas that have worked elsewhere **Boys' Life**, 1971-02 Boys Life is the official youth magazine for the Boy Scouts of America Published since 1911 it contains a proven mix of news nature sports history fiction science comics and Scouting **Boys' Life**, 1972-03 Boys Life is the official youth magazine for the Boy Scouts of America Published since 1911 it contains a proven mix of news nature sports history fiction science comics and Scouting *Red Cross Briefs*, 1920 *A History of Cleveland and Its Environs* Elroy McKendree Avery, 1918 **Historical** Elroy McKendree Avery, 1918 **Aquatic Fitness Professional Manual** Aquatic Exercise Association, 2025-03-27 Aquatic Fitness Professional Manual is the primary preparation resource for the certification exam of the Aquatic Exercise Association AEA and is the most comprehensive guide available for designing and leading exercise sessions in the pool **Handbook for Scoutmasters** Boy Scouts of America, 1926 *Physical Training* United States.

Army. Women's Army Corps,1943 *Teachers Guide for Physical Education for High School Students* Dorothy R. Mohr,1955
 A Handbook of Summer Camps ,1924 **Catalog of Copyright Entries. Third Series** Library of Congress.
Copyright Office,1957 **Good Housekeeping ...** ,1918 *Journal of Health, Physical Education, Recreation* ,1963

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Table of Contents Red Cross Achievement Booklet Swim Lessons

1. Understanding the eBook Red Cross Achievement Booklet Swim Lessons
 - The Rise of Digital Reading Red Cross Achievement Booklet Swim Lessons
 - Advantages of eBooks Over Traditional Books
2. Identifying Red Cross Achievement Booklet Swim Lessons
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Red Cross Achievement Booklet Swim Lessons
 - User-Friendly Interface
4. Exploring eBook Recommendations from Red Cross Achievement Booklet Swim Lessons
 - Personalized Recommendations
 - Red Cross Achievement Booklet Swim Lessons User Reviews and Ratings
 - Red Cross Achievement Booklet Swim Lessons and Bestseller Lists
5. Accessing Red Cross Achievement Booklet Swim Lessons Free and Paid eBooks

- Red Cross Achievement Booklet Swim Lessons Public Domain eBooks
- Red Cross Achievement Booklet Swim Lessons eBook Subscription Services
- Red Cross Achievement Booklet Swim Lessons Budget-Friendly Options
- 6. Navigating Red Cross Achievement Booklet Swim Lessons eBook Formats
 - ePub, PDF, MOBI, and More
 - Red Cross Achievement Booklet Swim Lessons Compatibility with Devices
 - Red Cross Achievement Booklet Swim Lessons Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Red Cross Achievement Booklet Swim Lessons
 - Highlighting and Note-Taking Red Cross Achievement Booklet Swim Lessons
 - Interactive Elements Red Cross Achievement Booklet Swim Lessons
- 8. Staying Engaged with Red Cross Achievement Booklet Swim Lessons
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Red Cross Achievement Booklet Swim Lessons
- 9. Balancing eBooks and Physical Books Red Cross Achievement Booklet Swim Lessons
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Red Cross Achievement Booklet Swim Lessons
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Red Cross Achievement Booklet Swim Lessons
 - Setting Reading Goals Red Cross Achievement Booklet Swim Lessons
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Red Cross Achievement Booklet Swim Lessons
 - Fact-Checking eBook Content of Red Cross Achievement Booklet Swim Lessons
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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