

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 Flow
- Swim on a Flat Stomach (MySwimU's Choice)
- Look Below the Water
- The danger of hyperventilation and extended breath-holding

Course Options

- Private Lessons
- Private Water Safety
- Fundamentals of Swimming



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

- Backing
- Forward Stroke on Front with Breasts

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 Stroke
- Freestyle Backstroke
- Backstroke
- My First 100
- Forward Flip
- 100 Yard Swim

Learn-to-Swim Level 5

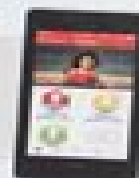
- Front Crawl
- Breaststroke
- Backstroke
- Safety
- Flip Turn
- Shoulder-width Crawl
- 100 Yard Swim

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

Jiyuan Zhang



Red Cross Achievement Booklet Swim Lessons:

Immerse yourself in heartwarming tales of love and emotion with Explore Love with is touching creation, Experience Loveis Journey in **Red Cross Achievement Booklet Swim Lessons** . This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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