

American Red Cross

Intermediate and Advanced Swim Lessons

Refine strokes and build endurance

Learn-to-Swim Level 4

Push off in streamlined position on back,

Learn-to-Swim Level 5

Learn-to-Swim Level 6

55 k-101 km

Headlist entry in compact and stride positions Festfirst surface dire Swim underwater That water, using 2 different kicks Survival swimming for 1 minute	Shallow-angle dive into deep water Tuck surface dive Plike surface dive Tread water for 5 minutes Tread water, using lege only, for 2 minutes Souting for 30 accords	 Surface dive and retrieve object from the bottom, 7–10 feet deep.
Bevinosing: Front crawl for 25 yards Elementary backstroke for 25 yards Breaststroke for 15 yards Back crawl for 15 yards Butterfly for 15 yards Skilestroke for 15 yards Open turns on the front and back	Swimming: • Front crawl for 50 yards • Elementary backstroke for 50 yards • Breaststroke for 25 yards • Back crawl for 25 yards • Butterfly for 25 yards • Sidestroke for 25 yards • Front flip turn	Swimming: • Front crawl for 100 yards • Elementary backstroke for 100 yards • Breaststroke for 50 yards • Back crawl for 50 yards • Butterfly for 50 yards • Sidestroke for 50 yards • Demonstrate open turns and front and back fly turns when severence

then begin kicking

Exit Assessment Perform a factfirst entry into deep water, swim Perfore a shallow-angle dive into deep water, Swim 500 yards continuously, using any 3 front crawl for 25 yards, change direction and awim front crawl for 50 yards, then awim strokes of choice, ewimming at least 50 yards position as necessary, and swim elementary elementary backstroke for 50 yards, using of each stroke. backstroke for 25 yards. appropriate and efficient turning styles throughout. Note: Additional exit assessments are required. Swim breaststroke for 15 yards, change Swirs breaststroke for 25 yards, change direction depending on the course option selected. direction and position as necessary, and swire and position of travel as necessary, and swim back orawl for 15 yards. back crawl for 25 yards, using appropriate and Course Options: Submerge and swim a distance of 3 to 5 body efficient turning styles throughout. Fitness Swimmer lengths underwater without hyperventilating. Personal Water Safety return to the surface, then exit the water. Fundamentals of Diving Safety Focus

- Reaching seniet
- Thyopeing sesiet
- Recreational water illnesses
- Think So You Don't Sink
- Look Before You Leap

- . How to call for help and the importance of
- knowing first aid and CPR Recreational water timesses
- . Reach or Throw, Don't Go
- Look Before You Lesp

Backstroke lip turn

- . Think So You Don't Sink
- Think Twice Before Going Near Cold Water or low
- Wave, Tide or Ride, Follow the Guide

- Learn About Boating Before You Go Floating
- . Think So You Don't Sink
- Swim as a Pair Near a Lifeguerd's Chair
- . Look Before You Leap
- . The danger of drains
- The stangers of hyperventilistion and extended breath-holding

Become a stronger, more competent swimmer by swimming longer distances and learning more strokes and skills.

Once you reach Level 6, lessons are oustomized to meet your personal objectives, including competition.



Red Cross Swim Lesson Instructor Manual

M Walker

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