



## American Red Cross

# Intermediate and Advanced Swim Lessons

Refine strokes and build endurance

### Learn-to-Swim Level 4

### Learn-to-Swim Level 5

### Learn-to-Swim Level 6

Skills			
Swimming:	<ul style="list-style-type: none"> <li>• Front crawl for 25 yards</li> <li>• Elementary backstroke for 25 yards</li> <li>• Breaststroke for 15 yards</li> <li>• Back crawl for 15 yards</li> <li>• Butterfly for 15 yards</li> <li>• Sidestroke for 15 yards</li> <li>• Open turns on the front and back</li> <li>• Flutter and dolphin kicks on back</li> <li>• Push off in streamlined position on back, then begin kicking</li> </ul>	<ul style="list-style-type: none"> <li>• Shallow-angle dive into deep water</li> <li>• Tuck surface dive</li> <li>• Pike surface dive</li> <li>• Tread water for 5 minutes</li> <li>• Tread water, using legs only, for 2 minutes</li> <li>• Sculling for 30 seconds</li> </ul>	<ul style="list-style-type: none"> <li>• Surface dive and retrieve object from the bottom, 7–10 feet deep</li> </ul>
Exit Assessment	<ul style="list-style-type: none"> <li>• Perform a fastfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary, and swim elementary backstroke for 25 yards.</li> <li>• Swim breaststroke for 15 yards, change direction and position as necessary, and swim back crawl for 15 yards.</li> <li>• Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards, using appropriate and efficient turning styles throughout.</li> <li>• Swim breaststroke for 25 yards, change direction and position of travel as necessary, and swim back crawl for 25 yards, using appropriate and efficient turning styles throughout.</li> </ul>	<ul style="list-style-type: none"> <li>• Swim 500 yards continuously, using any 3 strokes of choice, swimming at least 50 yards of each stroke.</li> </ul> <p><b>Note:</b> Additional exit assessments are required, depending on the course option selected.</p> <p><b>Course Options:</b></p> <ul style="list-style-type: none"> <li>• Fitness Swimmer</li> <li>• Personal Water Safety</li> <li>• Fundamentals of Diving</li> </ul>
Safety Focus	<ul style="list-style-type: none"> <li>• Reaching assist</li> <li>• Throwing assist</li> <li>• Recreational water illnesses</li> <li>• Think So You Don't Sink</li> <li>• Look Before You Leap</li> </ul>	<ul style="list-style-type: none"> <li>• How to call for help and the importance of knowing first aid and CPR</li> <li>• Recreational water illnesses</li> <li>• Reach or Throw, Don't Go</li> <li>• Look Before You Leap</li> <li>• Think So You Don't Sink</li> <li>• Think Twice Before Going Near Cold Water or Ice</li> <li>• Waves, Tide or Ride, Follow the Guide</li> </ul>	<ul style="list-style-type: none"> <li>• Learn About Boating Before You Go Floating</li> <li>• Think So You Don't Sink</li> <li>• Swim as a Pair Near a Lifeguard's Chair</li> <li>• Look Before You Leap</li> <li>• The danger of drains</li> <li>• The dangers of hyperventilation and extended breath-holding</li> </ul>

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

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



# Red Cross Swim Lesson 4 Plan Template

**RJ Alexander**

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