

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 4 P's: Plan is Lifeguard's Choice
- Look Before You Leap
- The danger of debris
- The dangers of hyperextension 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

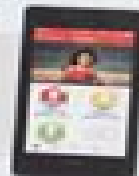
- Front Crawl
- Breaststroke
- Backstroke
- Buoys
- Flip Turn
- Shoulder-width Flip
- 100 Yard Swim

Important: Please print these earned badge names.

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



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