



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		
• Headfirst entry in compact and stride positions • Feetfirst surface dive • Swim underwater • Tread water, using 2 different kicks • Survival swimming for 1 minute	• Shallow-angle dive into deep water • Tuck surface dive • Pike surface dive • Tread water for 5 minutes • Tread water, using legs only, for 2 minutes • Sculling for 30 seconds	• Surface dive and retrieve object from the bottom, 7-10 feet deep
Swimming: • Front crawl for 25 yards • Elementary backstroke for 25 yards • Breaststroke for 15 yards • Back crawl for 15 yards • Butterfly for 15 yards • Sidestroke for 15 yards • Open turns on the front and back • Flutter and dolphin kicks on back • Push off in streamlined position on back, then begin kicking	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 • Backstroke 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 flip turns when swimming
Exit Assessment		
• Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary, and swim elementary backstroke for 25 yards. • Swim breaststroke for 15 yards, change direction and position as necessary, and swim back crawl for 15 yards. • Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.	• 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. • 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.	• Swim 500 yards continuously, using any 3 strokes of choice, swimming at least 50 yards of each stroke. Note: Additional exit assessments are required, depending on the course option selected. Course Options: • Fitness Swimmer • Personal Water Safety • Fundamentals of Diving
Safety Focus		
• Reaching assist • Throwing assist • 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 illnesses • Reach or Throw, Don't Go • Look Before You Leap • Think So You Don't Sink • Think Twice Before Going Near Cold Water or Ice • Waves, 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 Lifeguard's Chair • Look Before You Leap • The danger of drains • The dangers of hyperventilation 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 customized to meet your personal objectives, including competition.



Red Cross Swim Lesson Instructor Manual

**United States. Bureau of Naval
Personnel**



Red Cross Swim Lesson Instructor Manual:

American Red Cross Water Safety Instructor's Manual ,2004 **Water Safety Instructor Manual** Canadian Red Cross Society. Water Safety Service,Mosby Lifeline,1996 **Water Safety Instructor's Manual** American National Red Cross,1961 **Swimming and Water Safety Courses: Instructor's Manual** American National Red Cross,1968 *The Red Cross Courier* ,1925 **The Professional Yoga Teacher's Handbook: The Ultimate Guide for Current and Aspiring Instructors - Set Your Intention, Develop Your Voice, and Build Your Career** Sage Rountree,2020-09-08 The ultimate guide to the yoga profession at every stage of your teaching career Yoga has helped you and now you want to share what you ve learned Maybe you ve just graduated from yoga teacher training and you re wondering how to take your next steps Or perhaps you ve been teaching for a while but you feel unsure about how to get a studio job develop a workshop establish clear boundaries with your students or level up in your career Wherever you are The Professional Yoga Teacher s Handbook will help you choose a wise path toward where you want to be Sage Rountree mines her decades of experience as a yoga teacher teacher trainer and studio owner to offer guidance at every turn Land your first job and smartly manage your schedule money and energy Prepare outside the classroom to ensure that each class is a good one Keep pace with changing Yoga Alliance standards and the expanding world of online teaching React in real time to students needs and gently teach studio etiquette Figure out whether you want to become a full time teacher own a studio take private clients lead yoga teacher trainings or all of the above Throughout thoughtful prompts encourage you to articulate your principles vision and plans Instead of telling you what to teach this book will guide you to your own answers first and foremost by asking How can my teaching be of greatest service to my students Shelter System Officer Training Course: Instructor guide ,1984 Field Manual United States. Department of the Army,1943 **United States Government Organization Manual** ,1962 *The Rotarian* ,1959-06 Established in 1911 The Rotarian is the official magazine of Rotary International and is circulated worldwide Each issue contains feature articles columns and departments about or of interest to Rotarians Seventeen Nobel Prize winners and 19 Pulitzer Prize winners from Mahatma Ghandi to Kurt Vonnegut Jr have written for the magazine **NROTC Aviation and Amphibious Cruise Manual, Regular-Juniors** United States. Bureau of Naval Personnel,1963 NROTC Aviation and Amphibious Cruise Manual United States. Bureau of Naval Personnel,1966 Insiders' Guide® to North Carolina's Mountains Constance E. Richards,Kenneth L. Richards,2020-03-13 Insiders Guide to North Carolina s Mountains is the essential source for in depth travel and relocation information to the region that includes Asheville Biltmore Estate Cherokee Blue Ridge Parkway and other nearby environs Written by a local and true insider this guide offers a personal and practical perspective of the area and its surrounding environs **American Red Cross Safety Training for Swim Coaches** ,1988 *Universal Design for Learning in Physical Education* Lauren J. Lieberman,Michelle Grenier,Ali Brian,Katrina Arndt,2021 This groundbreaking text describes how general and adapted PE teachers can

implement universal design for learning UDL to create units and lesson plans that are accessible to all students Numerous ready to use plans rubrics and examples will help teachers follow best practices in inclusion *National Union Catalog*,1970 Includes entries for maps and atlases **Aquatics Handbook** M. Alexander Gabrielsen,1960 **Traditional and Innovative Assessment Techniques for Students with Disabilities** Festus E. Obiakor,Jeffrey P. Bakken,2021-08-11 This finely curated collection of thirteen chapters presents ideas and research on different disability topics from key leaders in the field of the assessment of children with disabilities They help us to properly understand and compare traditional and innovative assessment techniques for students with disabilities The Physical Therapy Review ,1955 Beach & Pool and Swimming ,1955

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