



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 4 Plan Template

Jicheng Xie



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