



## 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Headfirst entry in compact and stride positions</li> <li>• Feetfirst surface dive</li> <li>• Swim underwater</li> <li>• Tread water, using 2 different kicks</li> <li>• Survival swimming for 1 minute</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>                                                                                                                                                                                                                                                                                                            |
| <p>Swimming:</p> <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>                                       | <p>Swimming:</p> <ul style="list-style-type: none"> <li>• Front crawl for 50 yards</li> <li>• Elementary backstroke for 50 yards</li> <li>• Breaststroke for 25 yards</li> <li>• Back crawl for 25 yards</li> <li>• Butterfly for 25 yards</li> <li>• Sidestroke for 25 yards</li> <li>• Front flip turn</li> <li>• Backstroke flip turn</li> </ul>                                                                                     | <p>Swimming:</p> <ul style="list-style-type: none"> <li>• Front crawl for 100 yards</li> <li>• Elementary backstroke for 100 yards</li> <li>• Breaststroke for 50 yards</li> <li>• Back crawl for 50 yards</li> <li>• Butterfly for 50 yards</li> <li>• Sidestroke for 50 yards</li> <li>• Demonstrate open turns and front and back flip turns when swimming</li> </ul>                                                        |
| Exit Assessment                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <ul style="list-style-type: none"> <li>• 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.</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>Course Options:</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 Instructor Manual

**Yijin Wang**



## **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      **Swimming and Water Safety Courses: Instructor's Manual** American National Red Cross,1968      **Water Safety Instructor's Manual** American National Red Cross,1961      The Red Cross Courier ,1925      Shelter System Officer Training Course: Instructor guide ,1984      **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      **Field Manual** United States. Department of the Army,1943      American Red Cross Safety Training for Swim Coaches ,1988      **NROTC Aviation and Amphibious Cruise Manual, Regular-Juniors** United States. Bureau of Naval Personnel,1963

**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      *Catalog of Copyright Entries. Third Series* Library of Congress. Copyright Office,1968 Includes Part 1 Number 2 Books and Pamphlets Including Serials and Contributions to Periodicals July December      **Campward Ho! A Manual for Girl Scout Camps** Girl Scouts of the United States of America,2021-04-25 Campward Ho A Manual for Girl Scout Camps serves as a comprehensive guide for organizing and executing engaging camp experiences for Girl Scouts This essential manual encapsulates the spirit of camaraderie and leadership that defines the Girl Scouts movement offering practical advice on programming safety and the integration of outdoor skills Written in a clear accessible style the book emphasizes not only the nuts and bolts of camp

management but also the importance of fostering a sense of community among young campers set against the backdrop of the burgeoning outdoor education movement of the early 20th century The Girl Scouts of the United States of America founded in 1912 by Juliette Gordon Low emerged from a vision of empowering young girls through outdoor adventures and community service This collaborative effort reflects the organization's commitment to developing leadership skills resilience and a connection to nature among girls The authors draw from decades of camp experiences child development principles and the evolving needs of youth creating a foundational text that honors their rich legacy while adapting to contemporary challenges This manual is an indispensable resource for leaders educators and volunteers committed to enriching the lives of young girls through camping By blending practical strategies with meaningful insights Campward Ho not only enhances the camping experience but also echoes the core values of the Girl Scouts A must read for anyone eager to inspire the next generation of female leaders

Strategies ,2005      **Aquatics Handbook** M. Alexander Gabrielsen,1960      **Adapted Physical Education and Sport** Joseph P. Winnick,David L. Porretta,2021-10-29 This top selling text now in its seventh edition is the go to text to prepare students to teach people with disabilities Adapted Physical Education and Sport provides comprehensive and clear guidance for professionals working with people with unique physical education needs differences and abilities New to This Edition No other adapted physical education text has sold more copies than this book but the contributors are not resting on their laurels The text is loaded with new and updated material Enhanced coverage of universal design for learning with strategies and applications presented throughout the text A new chapter devoted entirely to adventure sports and activities A chapter on adapted sport that has been further developed to reflect the progress in the field Enhanced coverage of sport specific injuries and prevention Also new to this edition are related online learning aids delivered through HKPropel including assignable learning and enrichment activities to help students apply the book's foundational knowledge The HKPropel resources also include an instructor guide with teaching tips and strategies ideas for an introductory course in adapted physical education and sport and a sample syllabus Other tools include a test bank video clips demonstrating 26 of the fitness tests from The Brockport Physical Fitness Test Manual and forms tables and calculators related to the Brockport Physical Fitness Test In addition the team of 30 highly renowned contributors includes 12 new voices who add their perspectives to the content More Features Adapted Physical Education and Sport offers readers much more Chapter opening scenarios that introduce one or more of the chapter's concepts Application examples that explore real life situations and show how to apply the text concepts to solve relevant issues Print video and online resources in the text and through HKPropel Appendixes that include definitions based on the Individuals with Disabilities Education Act IDEA contact information for organizations associated with adapted physical education and sport information related to the Brockport Physical Fitness Test a scale to evaluate adapted physical education programs and more The book's contents are aligned with the IDEA legislation and will help current and future educators identify the unique needs of children with

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