

Putnam Aquatics

“Red Cross Swimming Lessons”

Infant and Parent Aquatics – Introduction to Water

Purpose: Allows children 6 months to 4yrs old to become acquainted with the aquatic setting and reinforces the importance of swimming with an adult. I.P.A. swimmers learn to:

**Get wet *Enter the water safely *Pool exploration *Front Float*
**Back Float *Blowing Bubbles *Going underwater *Water Safety*
**Choosing a life jacket *Wearing a life jacket *Water exit skills*

Level 1 – Introduction to Water Skills

Purpose: Helps children 4+ yrs to build confidence in the water. Level 1 swimmers learn to:

**Enter and exit water safely *Submerge mouth, nose and eyes *Blowing bubbles*
**Floating on front and back *How to use a life jacket *Whales Tales rules*
**Explore arm and hand mechanics *Open eyes underwater and pick up a submerged object*

Level 2 – Fundamental Aquatic Skills

Purpose: Gives swimmers 6+ yrs independence in the water. Level 2 swimmers learn to:

**Exit water using ladder and side *Float on front and back *Treading Water*
**Swimming on side *Rhythmic breathing*
**Glide on front and back *Rolling over from front to back *Swim on front*
**Enter water by stepping and jumping *Rolling over from back to front *Swim on back*

Level 3 – Stroke Development

Purpose: Introduces advanced swim techniques to swimmers who have successfully completed level 2. Level 3 swimmers learn to:

**Jump into deep water from the side *Dive from a sitting or kneeling position *Retrieve a submerged object from deep water*
**Perform rotary breathing *Survival float *Front crawl*
**Back crawl *3 C's *Reaching assist*
**HELP position *Huddle position *Butterfly kick and body motion*

Level 4 – Stroke Improvement

Purpose: Develops strength and endurance in swimmers 10+yrs or who have successfully completed level 3. Level 4 swimmers learn to:

**Dive from a compact or stride position *Breaststroke *Elementary backstroke*
**Feet first surface dives *Butterfly mechanics*
**Scissors kick *Front and back open turns *Treading water*
**Throwing assists *Rules for safe diving *Care for a conscious choking victim*
** Compact jump from an elevated platform while wearing a life jacket*