

Putnam Aquatic Center  
*Red Cross Swimming Lessons*

**Parent & Child** (6 months- 4 years) – **Introduction to Water**

Purpose: Allows children to become acquainted with the aquatic setting and reinforces the importance of swimming with an adult. Parent & Child swimmers learn to:

- Enter water safely, get wet, pool exploration, blowing bubbles, front float, back float, going under water, water safety, life jacket, water exit skills.

**Level 1** (4-6 years) – **Introduction to Water Skills**

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

- Enter and exit water safely, submerge mouth nose and eyes, blow bubbles with nose and mouth, front float, back float, explore arms and hands movements, open eyes under water and pick up and submerged object, how to use a lifejacket.

**Level 2** (6-8 years) – **Fundamental Aquatic Skills**

Purpose: Gives children independence in the water. Level 2 swimmers learn to:

- Enter and exit water safely using the ladder, front float, back float, treading water, swimming on side, rhythmic breathing, glide on front and back, swim on front, swim on back, roll over from front to back, roll over from back to front, jumping in the pool.

**Level 3** (8-12 years) – **Stroke Development**

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

- Enter the water using the ladder, front crawl, back crawl, butterfly kick, butterfly body motion, retrieve and submerged object from deep water, dive from a sitting or kneeling position, survival float, huddle position, help position, rotary breathing.

**Level 4** (12-18 years) – **Stroke Improvement**

Purpose: Develops strength and endurance in swimmers who have successfully completed Level 3. Level 4 swimmers learn to:

- Rules for safe diving, elementary back stroke, butterfly swim, breaststroke swim, treading water, feet first surface dives, front and back open turns, dive from a compact or strive position, scissor kicks, compact jump from an elevated platform while wearing a life jacket.

***\*First day (level 1-4) is RULES DAY. No swimmers enter the water. Parents go over rules with management and all swimmers go over safety with instructors.\****