



Date: _____

has participated in the Red Cross Swim @ School _____ level.

Instructor: _____ Register in Red Cross Swim Kids _____
 or Red Cross Swim @ School _____

Beginner

Fitness Activities

- Distance Swim 5m, 10m, 15m (circle distance swimmer completes)
- Flutter Kick 15m

Skills and Water Safety

- Facility/Site Orientation
- Facility/Site Rules
- Shallow Water Entries and Exits
- Submerge Head and Exhale through Mouth and/or Nose
- Introduction to Chest-Deep Water
- Change Direction, Chest-Deep Water
- EMS/9-1-1
- Introduction to PFDs/Lifejackets and Movement in Shallow Water

Swimming

- Rhythmic Breathing 10 Times (2 Ways)
- Front Float and Recovery 3 sec
- Back Float and Recovery 3 sec
- Front Glide with Kick 5m
- Back Glide with Flutter Kick 5m
- Side Glide with Flutter Kick 5m (Assisted)
- Front Swim 5m
- Back Swim 5m

Intermediate

Fitness Activities

- Distance Swim Minimum 25m (_____ distance completed)
- Dolphin Kick 10m

Skills and Water Safety

- Self-Safety—Safe Diving
- Kneeling Dive
- Front Dive
- Stride Entry
- Throwing Assist without a Line
- Throwing Assist with a Line
- Tread Water 1½ min
- PFDs/Lifejackets, Deep Water

Swimming

- Front Crawl 15m
- Back Crawl 15m
- Whip Kick on Back 10m
- Elementary Back Stroke 15m
- Whip Kick on Front 15m

Advanced

Fitness Activities

- Distance Swim Minimum 300m (_____ distance completed)
- Dolphin Kick (Vertical) 3 x 10 sec
- Eggbeater/Tread Water 3 min

Skills and Water Safety

- Front or Side Roll Entries (Wearing Clothes and PFD/Lifejacket)
- Cold Water HELP/Huddle (Wearing Clothes and PFD/Lifejacket)
- Distance Swim (Wearing Clothes and PFD/Lifejacket) 25m

Swimming

- Front Crawl 75m
- Back Crawl 75m
- Elementary Back Stroke 25m
- Breast Stroke 25m
- Sidestroke 25m

Swim with the best!®



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- Front Swim 5m
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Swimming

- Front Crawl 75m
- Back Crawl 75m
- Elementary Back Stroke 25m
- Breast Stroke 25m
- Sidestroke 25m

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