

Infant & Toddler Aquatic Program

American Red Cross Parent and Child Aquatics (Infant & Toddler Aquatic Program / ITAP) are designed to orient young children to the water and prepare them to learn to swim in the American Red Cross Preschool Aquatics or Learn-to-Swim courses. It is not designed to teach children to become good swimmers or even to survive in the water on their own. Parent and Child Aquatics gives parents safety information and teaches techniques to help them orient their children to the water. It also provides direction regarding how to supervise water activities in a responsible manner. This program is a bonding experience that will fill parents and children with wonderful lifelong memories.

Infant and Toddler Level 1 (6 - 36 months)

ITAP1 introduces basic skills to parents and children. Parents are taught to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills. Several water safety topics are also introduced and directed to parents. Children are introduced to basic skills that lay a foundation to help them learn to swim in the future.

Infant and Toddler Level 2 (18 - 36 months)

Children entering this course must have an ITAP1 certificate or be able to demonstrate all of the completion requirements from ITAP1. ITAP2 builds on the skills introduced in Level 1. Participants improve on these skills and learn more advanced skills in ITAP2.

Preschool Aquatic Program

American Red Cross Preschool Aquatics (PAP) teaches aquatic and safety skills in a logical progression. It is composed of three levels. Preschool Aquatics Level 1 orients participants to the aquatic environment and helps them to gain some basic swimming and water safety skills. At later levels, participants build on their basic skills to improve propulsive movements on both the front and back. They learn different strokes and then refine them as they progress. Personal safety and rescue skills are included to help participants meet safety goals. Upon successful completion all three levels of Preschool Aquatics, children should enter Learn-to-Swim at Level 3.

Preschool Aquatics Level 1 (3, 4, & 5 years old)

There are no prerequisites for this course. The objective of Level 1 is to help children feel comfortable in the water and to enjoy the water safely. In Level 1, elementary aquatic skills are taught, which children build on as they progress through the Preschool Aquatics and Learn-to-Swim levels. At this level, children also start developing good attitudes and safe practices around the water.

PAP1 Exit Skills Assessment All Preschool Aquatics Level 1 skills can be performed with support. • Enter independently, using either the ladder, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water (Children can walk, move along the gutter or “swim”). • While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds then recover to a vertical position.

Preschool Aquatics Level 2 (3, 4, & 5 years old)

Children entering this course must have a Preschool Aquatics Level 1 certificate or be able to demonstrate all of the completion requirements from Level 1. The objectives of Level 2 are to build upon the skills learned in Level 1 and give children success with fundamental skills. Children learn to float on the back without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Children continue to explore simultaneous and alternating arm and leg actions on front and back to lay the foundation for future strokes. Level 2 adds to the self-help and basic rescue skills begun in Level 1.

PAP2 Exit Skills Assessment All Preschool Aquatics Level 2 skills can be performed with assistance. • Glide on front at least 2 body lengths, roll to back, float on back for 5 seconds then recover to a vertical position. • Glide on back for at least 2 body lengths, roll to front, float for 5 seconds then recover to a vertical position. • Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 5 seconds, roll to front then continue swimming on front for 3 body lengths.

Preschool Aquatics Level 3 (4 & 5 years old)

Children entering this course must have a Preschool Aquatics Level 2 certificate or must be able to demonstrate all the completion requirements from Level 2. The objective of Level 3 is to build on the skills in Level 2 by providing additional guided practice. Children learn to effectively coordinate combined simultaneous arm and leg actions and alternating arm and leg actions. As in all levels, additional safety skills are learned.

PAP3 Exit Skills Assessment • Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds and then return to a vertical position. • Move into a back float for 5 seconds, roll to front, and then recover to a vertical position. • Push off and swim using a combination of arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths.

Learn-to-Swim Program

Ages 6 and up

Level 1—Introduction to Water Skills

The objectives of Level 1 are to learn basic personal water safety information and skills, to help participants feel comfortable in the water and to enjoy the water safely. In Level 1, participants learn elementary aquatic skills, which they will build on as they progress through the six Learn-to-Swim levels. At this level, participants begin developing good attitudes about swimming and water safety, good swimming habits and safe practices in and around the water.

Level 1 Exit Skills Assessment • Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water (Participants can walk, move along the gutter or “swim”). • Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position (This part of the assessment can be performed with support).

Level 2—Fundamental Aquatic Skills

Participants entering this course must have a Level 1 certificate or must be able to demonstrate all the completion requirements of Level 1. The objective of Level 2 is to give participants success with fundamental skills. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Participants continue to explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes.

Level 2 Exit Skills Assessment • Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position. • Move into a back float for 5 seconds, roll to front then recover to a vertical position. • Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths.

Level 3—Stroke Development

Participants entering this course must have a Level 2 certificate or must be able to demonstrate all the completion requirements in Level 2. The objectives of Level 3 are for participants to learn the survival float, the elementary backstroke and to coordinate the front crawl. They are introduced to the scissors kick and the dolphin kick and build on the fundamentals of treading water. Participants also learn rules for headfirst entries and begin to learn to enter the water headfirst from the side of the pool (if the water is 9 feet deep or deeper).

Level 3 Exit Skills Assessment • Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

Level 4 - Stroke Improvement

Participants entering this course must have a Level 3 certificate or must be able to demonstrate all the completion requirements in Level 3. Participants improve skills and increase endurance by swimming familiar strokes for greater distance. They continue to build on the front and back crawls, and introduce the elementary backstroke, breaststroke and elements of the sidestroke. Participants entering this course must have a Level 3 certificate or must be able to demonstrate all the completion requirements in Level 3.

Level 4 Exit Skills Assessment • Perform a feet-first 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. *

Level 5—Stroke Refinement

Participants entering this course must have a Level 4 certificate or must be able to demonstrate all the course requirements in Level 4. The objectives of Level 5 are to coordinate and refine strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced.

Level 5 Exit Skills Assessment • Perform a shallow-angle dive into deep water, swim front crawl for 50 yards and swim elementary backstroke for 50 yards. • Swim breaststroke for 25 yards and swim back crawl for 25 yards.

Level 6—Swimming and Skill Proficiency

Participants entering this course must have a Level 5 certificate or must be able to demonstrate all the skills required to complete Level 5. Level 6 is designed with “menu” options—Fundamentals of Diving, Fitness Swimmer, Lifeguard Readiness. These options focus on preparing participants for more advanced courses, such as Lifeguarding, competitive swimming or diving.

Exit Skills Assessments • Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke. And...

Fundamentals of Diving • Perform a two-part takeoff with a feet-first entry from a 1-meter diving board. • Perform a two-part takeoff with a head-first entry from a 1-meter diving board.

Fitness Swimmer • Perform the Cooper 12-minute swim test and compare results with the pre-assessment results.

Personal Water Safety • Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes. • Perform a feet first surface dive, retrieve an object from the bottom of the pool at a depth of 7 to 10 feet, return to surface, then back to starting point.