



American Red Cross Aquatic Program Level Descriptions

Parent/Child Aquatics – Ages 1 to 4 years with parent or caregiver

Parent/Child Aquatics familiarizes young children to the water and prepares them to learn to swim. It is not designed to teach children to become good swimmers or to survive in the water on their own, but gives parents safety information and teaches techniques to help orient their children to the water.

How to Determine Swim Level

- ✓ Testing is not needed if enrolling in Parent/Child Aquatics.
- ✓ If your child has not participated in swim lessons through Menomonee Falls CE & Rec, they MUST be tested before enrolling in class.
- ✓ Children may be tested, free of charge, at the North Middle School Pool during any open swim times.



PARENT CHILD	Parent/Child Level 1	Ages 1 & 2	Provides experiences and activities for children to: Learn to ask for permission before entering the water, Learn how to enter and exit the water in a safe manner, Feel comfortable in the water, Explore submerging, Explore buoyancy on the front and back position, Change body position in the water, Learn how to play safely, Experience wearing a life jacket.
	Parent/Child Level 2	Ages 3 & 4	Builds upon the skills learned in P/C Level 1 and provides experiences and activities for children to: Establish expectation for adult supervision, Learn ways to enter and exit the water safely, Explore submerging in a rhythmic pattern, Glide on the front and back with assistance, Perform combined stroke on front and back with help, Change body position in the water.
PRESCHOOL	Preschool Level 1	Ages 4 & 5 Under 42" tall	Orients children to the aquatic environment and helps them gain basic aquatic skills including: Enter and exit water using ladder, steps or side, Blow bubbles through mouth and nose, Submerge mouth, nose and eyes, Open eyes under water and retrieve submerged objects, Front and back glides and recover to a vertical position, Back float and recover to a vertical position, Roll from front to back and back to front, Tread with arm and hand actions, Alternating and simultaneous leg actions on front and back, Alternating and simultaneous arm actions on front and back, Combined arm and leg actions on front and back
	Preschool Level 2	Ages 4 & 5 Under 42" tall	Helps children develop more comfort in and around water and to gain greater independence in the following skills: Enter water by stepping in, Exit water using ladder, steps or side, Bobbing, Open eyes under water and retrieve submerged objects, Front and back floats and glides, Recover from a front or back float or glide to a vertical position, Roll from front to back and back to front, Tread water using arm and leg actions, Combined arm and leg actions on front and back, Finning arm action on back.
LEARN TO SWIM	Level 1	Ages 5 years & up At least 42" tall	Introduction to Water Skills. Helps participants feel comfortable in the water.
	Level 2	Ages 5 years & up At least 42" tall	Fundamental Aquatic Skills. Gives participants success with fundamental skills.
	Level 3	Ages 5 years & up At least 42" tall	Stroke Development. Builds on the skills in Level 2 through additional guided practice in deeper water.
	Level 4	Ages 5 years & up At least 42" tall	Stroke Improvement. Develops confidence in the skills learned and improves other aquatic skills.
	Level 5	Ages 5 years & up At least 42" tall	Stroke Refinement Provides further coordination and refinement of strokes.
	Level 6	Ages 5 years & up At least 42" tall	Swimming & Skill Proficiency. Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances.