



Swim Class Selection Guide

If you answer 'YES' to all of the questions for a class, please move to the next section of questions. Continue until you are unable to answer all the questions with a 'YES'. Once that point has been reached, that is the class your swimmer should enroll in.

AquaTots – Ages 1 to 3 years + parent

AquaTots provides a learning environment in which children become comfortable in the water while accompanied by their parent(s). AquaTots focuses on water adjustment and supported movements through instructor led activities and songs.

Equivalent to: Red Cross Parent/Child 1 & Parent/Child 2

- Is your child comfortable in the water?
- Is your child relaxed when doing a supported back float?
- Does your child show an eagerness to be in water and is not extremely fearful?

(AquaTots focus on arm/leg actions in preparation for the front crawl vs general simultaneous/alternating arm & leg actions)

AquaTykes – Ages 4 to 5 years

These classes are for our beginning swimmers. Classes are fun and packed with learning the fundamentals of floating, arm movements for the front and back crawls and flutter kicking.

AquaTykes 1

Equivalent to: Red Cross Preschool 1

- Is your child comfortable in the water?
- Can your child put their face in the water for five seconds?
- While being supported, does your child move his/her arms through the water & kick (while on their front and back)?

AquaTykes 2

Equivalent to: Red Cross Preschool 2

- Can your child retrieve submerged items/open their eyes underwater?
- Can your child front float w/support with their face in the water or back float with their ears in the water?
- With support, can your child flutter kick on their front & back?
- With support, can your child flutter kick & move their arms – similar to the front or back crawl?

Floats & Strokes – Ages 5 years +

The Floats & Strokes series builds from one class to the next on the skills needed to independently float, swim, dive and tread water. Each class builds from the previous on stroke refinement and endurance.

Floats & Strokes 1

Equivalent to: Red Cross Level 1

- Can your child retrieve open their eyes underwater & retrieve an object?
- Is your child able to front glide & flutter kick with their face in the water for 4 seconds?
- Can your child safety jump into water deeper than their height & swim back to the side, with minimal assistance?
- Does your child know the arm actions to “Chicken, Airplane, Soldier or Monkey, Plane, Rocket?” (elementary backstroke arms)

(F&S1 focus on front & back crawl arm/leg movements vs general simultaneous/alternating arm & leg actions. F&S1 introduces elementary backstroke arms, rhythmic breathing & works more heavily on comfort with floating & gliding.)

Floats & Strokes 2

Equivalent to: Red Cross Level 2/3

- Can your child demonstrate the front crawl with rhythmic breathing?
- Is your child able to front glide & flutter kick with their face in the water for 4 seconds with no assistance?
- Does your child know the arm actions to “Chicken, Airplane, Soldier” or “Monkey, Plane, Rocket?” (elementary backstroke arms)
- Can your child flutter kick on their front, with support, for 15 yards?

(Recommendation: If previously taken/or taken & passed Red Cross Level 2, reenroll in F&S 2)

(F&S2 focuses on independently performing the skills learned in prior levels over greater lengths/for a longer duration. We will combine rhythmic breathing with the front crawl and will introduce the whip kick, arm movements for treading water & jumping into deeper water.)

Floats & Strokes 3

Equivalent to: Red Cross Level 3

- Can your child demonstrate the front crawl with rhythmic breathing, with NO support for 20 yards?
- Can your child swim the back crawl for 20 yards?
- Can your child tread water for 30 seconds?
- Is your child comfortable diving into the pool from a sitting/kneeling position and would jump into the pool and swim to the side without assistance?

(Recommendation: If previously taken/or taken & passed Red Cross Level 3, reenroll in F&S 3)

(F&S3 does not focus on the butterfly stroke arm or leg actions. Students work on refining and swimming the front crawl over a greater distance and combing the elementary backstroke arm & leg actions. Students will work on floating for a longer duration and swimming & flutter kicking over longer distances. F&S3 introduces the student to treading water, diving, & the scissors kick.)

Floats & Strokes 4

Equivalent to: Red Cross Level 3/4

- Can your child demonstrate the breaststroke & dolphin kick?
- Can your child demonstrate standing dives off the side of the pool/diving board?
- Can your child swim 50 yards each of back crawl, elementary backstroke & front crawl?
- Can your child tread water for 1 minute?
- Can your child demonstrate open turns?

(Recommendation: If previously taken/or taken & passed Red Cross Level 4, reenroll in F&S 4)

(F&S4 students will be introduced to the arm & leg actions for the butterfly stroke & the arm and the leg actions for the breaststroke. Students will work on combining arm & leg actions in order to successfully swim the breaststroke. Students will swim the front crawl, backstroke & back crawl over greater distances. Students will be introduced to flip turns, open turns, feet first surface dives & standing dives.)

Floats & Strokes 5

Equivalent to: Red Cross Level 5/6

- Can your child demonstrate the breaststroke & dolphin kicks and arm movements?
- Can your child swim the scissors kick with support for 25 yards?
- Can your child swim 75 yards each of back crawl, elementary backstroke & front crawl?
- Can your child tread water for 1 and a half minutes?
- Can your child incorporate open turns and flip turns when swimming?

(Recommendation: If previously taken/or taken & passed Red Cross Level 5, reenroll in F&S 5)

(F&S5 students continue to work on open & flip turns and incorporate them into swimming. Students will continue to work on the breaststroke & butterfly strokes, while being introduced to the sidestroke.)

Floats & Strokes 6

Equivalent to: Red Cross Level 6

- Can your child continuously swim 100 yards each of the front crawl, back crawl, breaststroke & elementary backstroke (swim 100 yards of each stroke, not all at once)?
- Can your child demonstrate proper & efficient body position and movement for all six strokes?
- Can your child swim the sidestroke?
- Can your child tread water for 2 minutes, kicking only?
- Can your child incorporate open turns and flip turns when swimming?

(Recommendation: If previously taken/or taken & passed Red Cross Level 6, reenroll in F&S 6)

(F&S6 will focus on refinement of all six strokes so students can swim them with greater ease and smoothness over longer distances. As time allows, students may be introduced to various lifesaving skills and techniques.)