

WARMINSTER PARKS & RECREATION DEPARTMENT
SWIMMING LESSONS - *Skill Sheets*
(American Red Cross)

LEVEL #1
WATER EXPLORATION

1. Fully submerge face (3 seconds)
2. Bounce up and down 10 times in chest deep water
OR Bob to chin level, with support, 10 times
3. Supported float on Front
4. Supported float on Back
5. Enter and exit water independently using ladder, ramp, or side of pool
6. Walk 5 yards in chest-deep water, maintaining balance
OR Move 5 yards along side of pool maintaining contact with wall
7. Supported kicking on Front
8. Supported kicking on Back
9. Walk 5 yards in chest-deep water, alternating arms
OR Demonstrate alternating arm action for 10 seconds, holding overflow trough
10. Learn Basic Water Safety rules
11. Discuss role of safety personnel and EMS
12. Reaching assists without equipment
13. Release cramp
14. Wear life jacket on deck enter shallow water

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Level #2

1. Hold breath and fully submerge head (3 seconds)
2. Submerge and retrieve object in chest-deep water
OR Submerge and retrieve object that is suspended at appropriate depth
3. Explore deep water with support
4. Prone float or glide, unsupported, and recovery (5 seconds)
5. Supine float or glide, unsupported, and recovery (5 seconds)
6. Leveling off from a vertical position
7. Rhythmic breathing, with or without support - bob 10 times support optional
8. Step from the side into chest-deep water and recover to a vertical position
9. Get out at side of pool
10. Flutter kick on Front - support optional
11. Flutter kick on Back - support optional
12. Finning on back - support optional
13. Back crawl arm action
14. Combined stroke Front, using kick and alternating arm action-5 yards
15. Combined stroke Back, using kick and choice of arm movement
- 5 yards
16. Turning over, Front to Back
17. Turning over, Back to Front
18. Put on life jacket in shallow water and float for 1 minute in face-up position
OR Put on life jacket, enter water, and float for 1 minute in face-up position
19. Perform reaching and extension assists from deck
20. Assist non-swimmer to feet
21. Become familiar with rescue breathing (watch video or demonstration)

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LEVEL #3
STROKE READINESS

1. Retrieve object from bottom in chest-deep water
OR Retrieve object that is suspended at appropriate depth
2. Bob, submerging head completely, 15 times in chest-deep water
OR Bob, submerging head completely, 10 times, with support
3. Bob to standing depth
OR Bob to side of pool
4. Jump into deep water from side of pool
5. Dive from side pool from kneeling and compact positions
6. Prone glide with push-off -2 body lengths
7. Supine glide with push-off - 2 body lengths
8. Swim Front crawl stroke, breathing as necessary to front or side, 10 yards
9. Swim Back crawl stroke, 10 yards
10. Elementary backstroke kick 10 yards, with or without kickboard
11. Reverse direction while swimming on Front
12. Reverse direction while swimming on Back
13. Learn safe diving rules
14. Tread water
15. Jump into deep water with life jacket on
16. H.E.L.P. Position for 1 minute
17. Huddle position, groups of three, 1 minute
18. Learn how to open airway for rescue breathing

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LEVEL #4
STROKE DEVELOPMENT

1. Deep water bobbing
2. Experiment with buoyancy and floating position
3. Demonstrate rotary breathing in chest-deep water
OR Demonstrate rotary breathing in dry land drill
4. Standing front dive, stride and standing positions
5. Elementary Backstroke, 10 yards
6. Sculling on the back, 5 yards or 15 seconds
7. Front Crawl, 25 yards with rotary breathing
8. Back crawl, 25 yards
9. Breaststroke kick, 10 yards, with or without kickboard
10. Sidestroke scissors kick, 10 yards, with or without kickboard
Change of direction of wall
12. Tread water with modified scissors, modified breaststroke, and rotary kicks, 2 minutes, using any kick
13. Learn rescue breathing
14. Become familiar with CPR (watch video or demonstration)

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LEVEL #5
STROKE REFINEMENT

1. Alternate breathing
2. Stride jump entry
3. Standing dive from board
4. Long shallow dive
5. Breaststroke, 10 yards
6. Sidestroke, 10 yards
7. Swimming under water, 3 body lengths
8. Elementary Backstroke, 25 yards
9. Dolphin kick, 10 yards, with or without kickboard
10. Front crawl, 50 yards
11. Back crawl, 50 yards
12. Open turn on Front
13. Open turn on Back
14. Rules for safe diving from board
15. Recognition of spinal injury
16. Hip/Shoulder support
17. Feet-first surface dive
18. Tread water, 2 minutes total with 2 different kicks

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LEVEL #6
SKILL PROFICIENCY

1. Approach and hurdle diving board
2. Jump tuck from diving board
3. Front crawl, 100 yards, 1 turn minimum
4. Back crawl, 100 yards, 1 turn minimum
5. Breaststroke, 25 yards
6. Sidestroke, 25 yards
7. Butterfly, 10 yards
8. Approach stroke, 25 yards
9. Breaststroke turn
10. Sidestroke turn
11. Speed turn and pull-out for Breaststroke
12. Flip turn for Front Crawl
13. Pike surface dive
14. Tuck surface dive
15. Alternate kicks treading water for 3 minutes, 1 minute no hands
16. Throwing rescue
17. Roll spinal injury victim face up

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LEVEL #7
ADVANCED SKILLS

1. Front dive from diving board, 1 position
2. Swim continuously, any combination of strokes, 500 yards
3. Front Crawl, 200 yards
4. Swimming under water, 15 yards
5. Back Crawl, 100 yards
6. Breaststroke, 50 yards
7. Sidestroke, 50 yards
8. Butterfly, 25 yards
9. Backstroke flip turn
10. In-water rescue using equipment
11. Conditioning principles discussion
12. Check heart rate
13. Retrieve diving brick, deep water (8-10 feet deep)
14. Basic water safety skills
15. Tread water, 5 minutes
16. Assist with backboard rescue

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LEVEL #8 (part A)
REVIEW of LEVEL #7
ADVANCED SKILLS

1. Front dive from diving board, 1 position
2. Swim continuously, any combination of strokes, 500 yards
3. Front Crawl, 200 yards
4. Swimming under water, 15 yards
5. Back Crawl, 100 yards
6. Breaststroke, 50 yards
7. Sidestroke, 50 yards
8. Butterfly, 25 yards
9. Backstroke flip turn
10. In-water rescue using equipment
11. Conditioning principles discussion
12. Check heart rate
13. Retrieve diving brick, deep water (8-10 feet deep)
14. Basic water safety skills
15. Tread water, 5 minutes
16. Assist with backboard rescue

OVER →

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LEVEL #8 (part B)
GUARDSTART

Purpose:

American Red Cross GuardStart: Lifeguarding Tomorrow is a program for youth that provides a foundation of aquatic and leadership knowledge, attitudes, and skills for future successful completion of the Red Cross Lifeguard Training Course.

Prerequisites:

- Ability to demonstrate aquatic skills at level six (6) or higher
- Ability to tread water for ten (10) minutes using arms and legs
- Ability to submerge and swim a distance of 20 feet underwater

Learning Objectives:

- **Prevention.** Learn about the causes and ways to prevent drownings and diving accidents, learn how to supervise others around the water, and learn how to recognize when someone is in trouble.
- **Fitness.** Improve swimming stroke mechanics, endurance, strength, and physical fitness level for the skills necessary to become a lifeguard.
- **Response.** Demonstrate, with prompting, how to perform self-rescue, how to assist others in trouble in the water, and how to provide basic-level first aid and CPR.
- **Leadership.** Learn about leadership characteristics and skills necessary to become a lifeguard, including how to communicate effectively, make informed decisions, be an effective leader, be part of a team, and provide good customer service.
- **Professionalism.** Learn how to search and apply for a job and prepare for an interview, and understand the importance of providing quality community service.

Length:

No minimum hours suggested

Instructor:

There is no instructor rating required to lead the GuardStart program. GuardStart is led by program and activity leaders.

Certification Requirements:

None, this course does NOT give you a lifeguarding certification.

Certification Validity:

None