



**American
Red Cross**
Together, we can save a life

The Swim Center

American Red Cross Authorized Provider
United States Swim School Association Member

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Level 1

- Pre-requisites:
 - None

Level 2

- Pre-Requisites:
 - back-float independently 10 seconds.
 - belly float independently 10 seconds.
 - start in the back-float position, add their legs and kick on their back 10-15 feet independently with good form.
 - start in the belly float position, add their legs and kick on their stomach 10-15 feet independently with good form.

Level 3

- Pre-Requisites:
 - jump in the deep end and swim at least 30 feet finning on their back independently, without the instructor or anyone in the water with them.
 - jump in the deep end and swim at least 30 feet on their stomach doing their arm stroke independently, without the instructor or anyone in the water with them.

Level 4

- Pre-Requisites:
 - technique mastery is required for swimming 30 feet of the arm stroke, independently and with excellent form.
 - technique mastery is required for swimming 30 feet of the backstroke, independently and with excellent form.
 - technique mastery is required for swimming 30 feet of the elementary backstroke, independently and with excellent form.

Level 5

- Pre-Requisites:
 - technique mastery is required for swimming 30 feet of the breaststroke, independently and with excellent form.
 - technique mastery is required for swimming 30 feet of the sidestroke, independently and with excellent form.

Level 6

- Pre-Requisites:
 - technique mastery is required for swimming 30 feet of the butterfly, independently and with excellent form.