Red Cross Learn-to-Swim Program Levels

The six learn-to-swim levels and the objectives for each level include:

- **Level 1** - Introduction to Water Skills: helps students feel comfortable in the water and to enjoy the water safely.

- **Level 2** - Fundamental Aquatic Skills: gives students success with fundamental skills.

- **Level 3** - Stroke Development: builds on the skills in Level 2 by providing additional guided practice.

- **Level 4** - Stroke Improvement: develops confidence in the strokes learned and to improve other aquatic skills.

- **Level 5** - Stroke Refinement: provides further coordination and refinement of strokes.

- **Level 6** - Swimming and Skill Proficiency: refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances.