



City of Greenfield Parks & Recreation  
**AMERICAN RED CROSS AQUATICS PROGRAM**  
**Learn-to-Swim: LEVEL 1**

Swimmer's First Name: \_\_\_\_\_

Swimmer's Last Name: \_\_\_\_\_

Year: \_\_\_\_\_ Rec Trac Course #: \_\_\_\_\_

Instructor(s): \_\_\_\_\_

**KEY**  
 P = Pass  
 F = Fail  
 NW = Needs Work  
 N/A = Not Applicable

**SWIM SKILLS**

Enter/Exit independently	
Move through water comfortably	
Jump into shallow water	
Fully submerge face (5 seconds)	
Underwater bubble blowing (3 seconds)	
Experience buoyancy (5 bobs)	
Pick up object underwater at arm's length (2 times)	
Supported front float with recovery to vertical	
Supported back float with recovery to vertical (5 seconds)	
Roll from front to back and back to front	
Front glide (2 body lengths) with recovery	
Back glide (2 body lengths) with recovery	
Alternating and simultaneous leg action on front (1 width)	
Alternating and simultaneous leg action on back (1 width)	
Alternating and simultaneous arm action on front	
Alternating and simultaneous arm action on back	
Combined arm and leg action on front with assistance	
Combined arm and leg action on back with assistance	
Introduction to treading in chest-deep water	

**PUTTING IT TOGETHER**

Enter unassisted, move 5 yards, bob 5 times, and safely exit the water. (Participants can walk, travel along the gutter, or "swim")	
Front glide for 2 body lengths, roll to back with assistance, float on back with support for 3 seconds, and recover	

**PERSONAL SAFETY AND RESCUE SKILLS**

Review pool rules	
Discuss ways to get help	
Reaching assists	
Floating with life jackets/PFD's	
Too much sun is no fun	

**INSTRUCTOR COMMENTS:**

Next level to enroll in:

