Red Cross Swimming Levels
Requirements to Pass Each Level

To Pass Level 1 – “Water Exploration”
- Fully submerge face
- Release cramp
- Supported kicking on back
- Supported kicking on front
- Walk 5 yards in chest-deep water, alternating arms
- Supported float on front
- Supported float on back
- Walk 5 yards in chest-deep water, maintaining balance
- Bubble blowing
- Put on a life jacket on deck and enter shallow water
- Learn water safety rules
- Reaching assists without equipment
- Enter and exit water independently using ladder, ramp or steps
- Bounce up and down in chest-deep water 10 bounces

To Pass Level 2 – “Primary Skills”
- Hold breath and fully submerge head for 3 seconds
- Assist non-swimmer to feet
- Step from the side into chest-deep water and recover to a vertical position
- Get out from the side of pool
- Supine float or glide, unsupported, and recovery
- Level off from a vertical position
- Rhythmic breathing with or without support
- Orientation to deep water
- Prone float or glide, unsupported, and recovery
- Flutter kick on front
- Flutter kick on back
- Finning on back
- Back crawl arm action
- Combined stroke from front, using kick and alternating arm action
- Combined stroke on the back, using kick and choice of arm movement
- Turn over, front to back
- Float in life jacket with face out of water
- Perform reaching and extension assists from deck
- Retrieve objects
- Become familiar with rescue breathing

To Pass Level 3 – “Stroke Readiness”
- Retrieve object, eyes open, no support
- Bob, submerging head completely
- Bob in water slightly over head to travel to safe area
- Bob to standing depth
- Dive from side of pool from kneeling and compact positions
- Learn safe diving rules
- Tread water
- Jump into deep water wearing a life jacket
- Reverse direction while swimming on back
- Coordinate arm stroke for front crawl with breathing, breathing to the side
- Prone glide with push-off
- Supine glide with push-off
- Reverse direction while swimming on front
- Coordinate back crawl
- Elementary backstroke
- Learn how to open airway for rescue breathing
- H.E.L.P. position
- Huddle position
- Jump into deep water from side of pool

To Pass Level 4
- Deep water bobbing
- Floating
- Rhythmic breathing/rotary breathing
- Front crawl with rotary breathing, 25 yards
- Back crawl, 25 yards
- Breaststroke on back, 5 yards
- Elementary backstroke, 10 yards
- Scissor kick for sidestroke, 10 yards
- Turning at the wall
- Slide and standing dives
- Tread water, 2 minutes

To Pass Level 5
- Alternate breathing
- Front crawl, 50 yards
- Back crawl, 50 yards
- Breaststroke, 10 yards
- Sidestroke, 10 yards
- Elementary backstroke, 25 yards
- Underwater swim, 3 body lengths
- Racing dives, long shallow dives
- Dolphin kick, 10 yards for butterfly
- Open turns on front and back
- Flip turns
- Feet-first surface dives
- Tread water, 2 minutes

To Pass Level 6
- Front crawl, 100 yards
- Front crawl with flip turns
- Back crawl, 100 yards
- Breaststroke, 25 yards
- Breaststroke open turn
- Breaststroke speed turn
- Sidestroke turn
- Racing dives, long shallow dives
- Butterfly, 10 yards
- Pike surface dive
- Tuck surface dive
- Tread water, 3 minutes, 1 minute no hands

To Pass Level 7
- Front crawl, 200 yards
- Back crawl, 100 yards
- Back crawl with flip turn
- Breaststroke, 50 yards
- Sidestroke, 50 yards
- Butterfly, 25 yards
- Retrieve brick in deep water
- Swim underwater, 15 yards
- Tread water, 5 minutes
- Review all strokes and turns from previous levels:
  - Front crawl with flip turn
  - Breaststroke with open turn
  - Breaststroke with speed turn
  - Sidestroke with turn
  - Backstroke with open turn