

CRESTWOOD SWIM SKILLS

Below is an outline of the Crestwood swim program levels. Our swim program is based on the American Red Cross Learn-to-Swim skill with each level building on what has been previously taught. As the swim levels progress, campers' proficiency will be expanded as we refine stroke development, improve technique, and increase distances. Each level also includes safety topics that are reviewed with swi

Red Cross Level 1- Introduction to Water Skills

WS - Water Safety

Guppy 1

Submerge mouth, nose & eyes

WS-Discuss- Staying safe around aquatic envts.

Blow bubbles through mouth and nose

WS-Discuss- Recognizing the lifeguards

Open eyes under water

Guppy 2

Bob with support

WS- Discuss/Demonstrate- Don't just pack it wear your jacket

Open eyes underwater and retrieve submerged objects

WS- Discuss- Recognizing an emergency

Front glide (w/ support)

Minnow 1

Back glide (w/ support)

On Back:

Back float (w/ support)

Alternating leg action (w/ support)

Front float (10 seconds)

Simultaneous leg action (w/ support)

Front glide

Alternating arm action (w/ support)

On front- Alternating leg action

Simultaneous arm action (w/ support)

On front Simultaneous leg action

Combined arm and leg actions (w/ support)

On front-Alternating arm action

On front-Simultaneous arm action

WS- Demonstrate-How to call for help

Combined arm and leg actions on front

WS- Discuss- too much sun is no fun

Red Cross Level 2- Fundamental Aquatic Skills

Minnow 2

Float in a face-down position

(Review) WS- Discuss- Staying safe around aquatic environments

front float, jelly fish float, and tuck float

Back float (10 seconds)

(Review) WS- Discuss/Demonstrate-Don't just pack it wear your jacket

Back glide

Front glide

(Review) WS- Discuss- Recognizing an emergency

(Review) WS- How to call for help

Dolphin 1

Roll from front float to back float

(Review) WS- Too much sun is no fun

Roll from back float to front float

WS- Discuss- Look before you leap

Front crawl without breathing

(Review) WS- How to recognize a swimmer in distress

Front glide with kick

Back glide with kick

Back float

Back crawl arms

Dolphin 2

Front crawl without breathing

(Review) WS- How to call for help

Treading using legs & arms

Front float

Prone glide with kick

Back glide with kick

Back crawl

Shark 1

Treading- arm and leg actions

WS- Discuss- Think so you don't sink

Front crawl with breathing

WS- Discuss/Demonstrate- Reach or throw, don't go

Back crawl

Back glide

Elementary backstroke arms

Red Cross Level 3- Stroke Development

Shark 2

Front crawl with rotary breathing

(Review) WS- Discuss demonstrate- Think twice before going
near cold water or ice

Combined Elementary backstroke arms and legs

Tread for 30 seconds using arms and legs

Back crawl

Beginner 1

Scissor kick

Elementary backstroke

Tread for 1 minute in deep water

Head- first entry from a sitting or kneeling position

Back crawl

WS- Demonstrate- Look before you leap

Front glide- breaststroke kick

Front crawl with rotary breathing

Beginner 2

Back crawl

(Review) WS- Demonstrate Reach or throw, don't go

Breaststroke kick

Elementary backstroke

Sidestroke arms

Survival float

Back float

Sidestroke kick

Red Cross Level 4- Stroke Improvement

Advanced Beginner 1

Front Crawl

Elementary backstroke

Back crawl

Breaststroke kick

Breaststroke arms

Sidestroke

Dolphin kick

Feet first surface dive

WS- Discuss/Demonstrate- Reach or throw, don't go

1. Reaching assist

2. Throwing assist

Tread water using 2 different kicks

(modified scissors, modified breaststroke or rotary)

Advanced Beginner 2

Front crawl with open turn

Backstroke with open turn

Sidestroke

Breaststroke

Butterfly kick and body motion

Butterfly arms

Sitting dive

WS- Discuss- Recreational water illnesses

Intermediate 1

Breaststroke

Butterfly

Tread water

Front crawl

Back crawl

Elementary backstroke

Sidestroke

WS- Discuss/Demonstrate- Think so you don't sink

WS- Discuss- Look before you leap

Red Cross Level 5- Stroke Refinement

Intermediate 2

Front crawl

Back crawl

Elementary backstroke

Butterfly

Tuck surface dive

Pike surface dive

Tread water

Breaststroke

Sidestroke

Flip Turns: front and back

(Review) WS- Reach or throw, don't go

WS- Discuss/Demonstrate- Look before you leap

WS- Discuss/Demonstrate- How to call for help and the importance of knowing first aid and CPR

(Review) WS- Discuss- Recreational water illnesses

Intermediate 3

Breaststroke

Butterfly

(Review) WS-Discuss/Demonstrate- Think so you don't sink

WS-Discuss/Demonstrate- Think twice before going near cold

Front crawl	water or ice
Back crawl	WS-Discuss- Wave, tide or ride, follow the guide
Elementary backstroke	
Side stroke	

Red Cross Level 6- Swimming and Skill Proficiency: Personal Water Safety

Swimmer 1

Front crawl	Breaststroke turn
Elementary backstroke	Butterfly turn
Back crawl	Backstroke flip turn
Breaststroke	
Sidestroke	WS- Basic safety rules for open water
Butterfly	Discuss/Demonstrate- Think so you don't sink
Open turn- front crawl	Discuss- Swim with a buddy in a supervised area
Open turn- back crawl	Discuss- Learn about boatin' before you go floatin'

Swimmer 2

Front crawl
Back crawl
Butterfly
Breaststroke
Elementary backstroke
Sidestroke
Feet first surface dive
Tuck surface dive
Pike surface dive
Survival float
Survival swimming
Treading water

Red Cross Level 6- Swimming and Skill Proficiency: Fitness Swimmer

Advanced Swimmer

Front crawl
Elementary backstroke
Back crawl
Breaststroke
Sidestroke
Butterfly
Open turn- front crawl
Open turn- backstroke
Front flip turn
Backstroke flip turn
Sidestroke turn

Butterfly turn

Breaststroke turn

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