

Paradise Cove Swim Lessons
Based on
Red Cross “Learn to Swim” Objectives

Level 1– Ages 3 years & up, no water skills needed.

This class will teach the child to enter and exit the water safely using the ladder, steps or side. We will submerge our mouth and nose, open our eyes under water and retrieve an object at arms length. We will also learn to float on our fronts and backs with support, roll from front to back to back and explore arm and hand movements. Basic water safety will be discussed at this level.

Level 2– Age 5 years and up, graduate of level 1 or able to demonstrate skills

In this class the student will learn to enter the water by stepping or jumping from the side and exit the water by using a ladder or the side. We will submerge our entire head, open our eyes under water and retrieve a submerged object. We will learn to float on our fronts and backs without support, and explore fining and sculling or treading water. We will begin to discuss personal water safety as well as how to recognize a swimmer in distress and how to get help.

Level 3– Ages 5 years and up, graduate of level 2 or able to demonstrate skills

For this class, the student will enter the pool by jumping into deep water from the side and also entering head first from a standing or kneeling position. We will submerge and retrieve an object as well as do head bobs. The student will be able to float on his/her back and change directions without assistance. The student will learn to swim at least two strokes. General and personal water safety will be discussed. The student will demonstrate a reaching assist and the help and huddle positions.

*These objectives are meant to be a guideline for the swim instructors. We do not guarantee all will occur, but we will instruct the students on how to swim based on these objectives. Daily activities are subject to change.