Swimming and Water Safety News

Learn-to-Swim Level 5—Stroke Refinement

Welcome to American Red Cross Learn-to-Swim Level 5!

Congratulations on your commitment to ensuring that you learn to be safe in, on and around the water and to swim well. Through participation in American Red Cross Learn-to-Swim, you are gaining lifelong skills to serve you well for recreation and fitness, as well as safety in a variety of aquatic settings.

We're proud to offer you—

- Professional instructors who are well trained by the American Red Cross.
- Learning made fun in a safe environment.
- A balanced program that teaches swimming skills and how to be safe in the water.
- A comprehensive swimming and water safety program for everyone in the family—from infancy to adulthood.

What do participants learn in Learn-to-Swim Level 5?

In Learn-to-Swim Level 5, our instructors follow a plan to introduce new swimming and water safety skills and to build on ones previously learned. The expectations are higher for participants now in regards to distance and quality. Each class is loaded with engaging and challenging activities and drills to build endurance and improve technique.

Some of the milestones in Level 5—Stroke Refinement include—

- Performing a shallow-angle dive into deep water.
- Swimming the front crawl for 50 yards.
- Swimming the elementary backstroke for 50 yards.
- Swimming the breaststroke for 25 yards.
- Swimming the back crawl for 25 yards.

How are you evaluated in Level 5 Learn-to-Swim?

Instructors follow a plan that details the skills to be introduced at each level along with performance expectations. Your progress is continuously monitored and evaluated and skills are checked off as they are achieved. Once all Level 5 skills are achieved, you receive a completion certificate and you are ready to move on to Level 6!

Ask your instructor how you are doing. Near the end of the session, achievement cards are presented to those who have not completed all skills. The cards indicate which skills have been achieved and which skills need more work.

Where do you go after Level 5?

Swimmers move through the six levels of Red Cross Learn-to-Swim as they master the skills required at each level. After successfully completing Level 5, you may

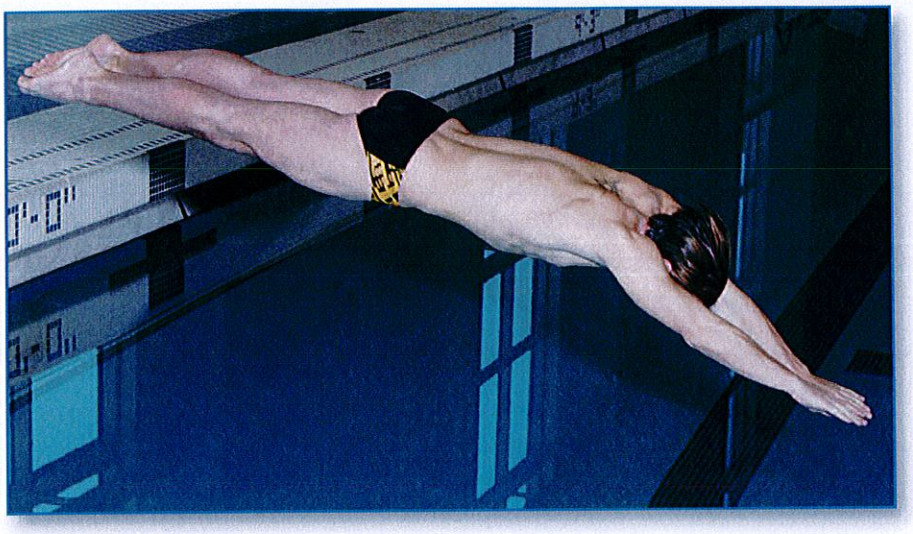
Don't Forget!

- **Remember that not completing a level the first time, or even the second time, just means there are important skills you need to continue to improve upon and strengthen.**
- **Bring a healthy snack and drink for after the lesson to replace fluids and energy.**

How can you build on your own swimming experience?

Practice your strokes even when you are not in the water. This can help you work on the proper leg and arm movements and commit them to memory.

American Red Cross

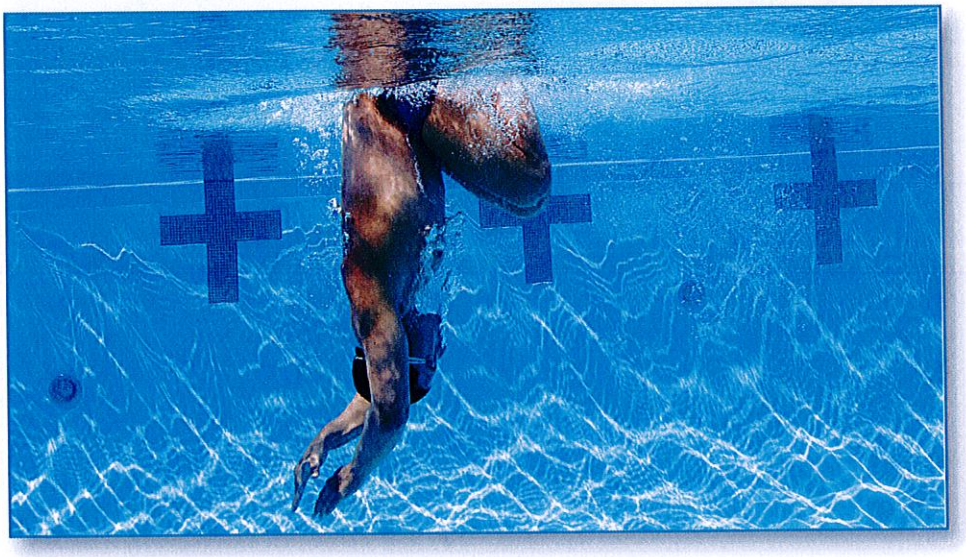


register for Learn-to-Swim Level 6. Level 6 participants can choose an area of interest—

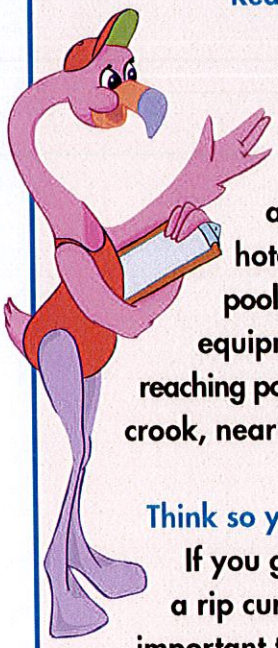
- Personal Water Safety.
- Fundamentals of Diving.
- Fitness Swimmer.

In Learn-to-Swim Level 6—Swimming and Skill Proficiency, you—

- Continue to improve the quality and endurance of all six strokes learned throughout the six levels of Learn-to-Swim.
- Prepare for more advanced courses, like Lifeguarding and Water Safety Instructor.
- Learn some basics of specialized aquatic activities, such as competitive swimming or diving.



Be Water Smart!



Reach or throw, don't go!
Community pools, recreational areas and many hotel and motel pools have reaching equipment, such as a reaching pole or shepherd's crook, near the water.

Think so you don't sink!
If you get caught in a rip current it is important to remember to think so you don't sink.

Think twice before going near cold water or ice!
Floating in place until help arrives is the best way to survive a cold-water emergency in open water or when a great distance from the shore.

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