



Together, we can save a life

American Red Cross Learn-to-Swim



The American Red Cross has been the leader in water safety since 1914, and continues that tradition today.

American Red Cross Learn-to-Swim

Only the American Red Cross offers six comprehensive levels of swimming that teach participants how to swim skillfully and safely. Learn-to-Swim offers something for everybody. Plus our instructors are trained and certified by the American Red Cross, so swimmers of all ages and abilities are in good hands.

In addition to the skills outlined below, each level of Learn-to-Swim includes training in basic water safety and helping others in an emergency.

Level 1: Introduction to Water Skills

Helps students increase their comfort in the water.

Level 2: Fundamental Aquatic Skills

Gives students success with fundamental skills.

Level 3: Stroke Development

Builds on the skills in Level 2 through additional guided practice

Level 4: Stroke Improvement

Develops confidence in the skills learned in previous levels and improves techniques for strokes

Level 5: Stroke Refinement

Provides further coordination and refinement of strokes

Level 6: Swimming and Skill Proficiency

Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Options for Level 6 include:

- Personal Water Safety
- Fundamentals of Diving
- Lifeguard Readiness
- Fitness Swimming

For more information, contact American Red Cross at (610) 865-4400 ext. 247 or GLVHSS@usa.redcross.org.