



Program Level Registration Guide – Red Cross Swim for Adults and Teens

Level	Participant requirement to register	In this level
Red Cross Swim Basics 1	No previous swimming experience required.	Swimmers learn front and back float, front and back glide with kick, front swim for 10 metres, shallow water entries and exits, and deep-water activities (assisted).
Red Cross Swim Basics 2	Some swimming experience and can perform front swim 10 metres comfortably.	Swimmers learn back swim with shoulder roll, front and back crawl (15m), sitting dive, kneeling dive, stride dive and front dive, treading water, and swim a minimum distance of 25 metres.
Red Cross Swim Strokes	Able to swim front crawl at least 15 metres continuously, back crawl 15 metres and is comfortable swimming in deep water.	Swimmers choose the stroke(s) they wish to focus on. Participation-based program with individual goals.
Red Cross Swim Sports	Is interested in participating in sports modules and is comfortable moving/swimming in shallow water. If participant can not swim, is comfortable using flotation support such as a PFD.	Swimmers participate in two lessons per sport activity and learn the fundamental skills and techniques of each.