

Fargo/Moorhead Swimming Lesson Program Level Comparison Chart

American Red Cross/ Hulbert Aquatic Center	Parent and Child 1	Parent and Child 2	Pre- school 1	Pre- school 2	Pre- school 3	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
YMCA of Cass and Clay Counties (Fercho and Family Wellness)	Parent/ Baby	Parent/ Child	Guppy	Guppy	Starfish	Starfish	Froggie	Turtle	Otter	Seal	Shark
Moorhead Swimming Lessons	Parent/ Child	Parent/ Child	Pre- school Swim	Pre- school Swim	Level 1	Level 1	Level 2	Level 3	Level 4	Level 5	
Fargo Parks Swimming Lessons			FP Pre- Level	FP Pre- Level	FP Pre- Level	FP Level 1	FP Level 2	FP Level 3	FP Level 4	FP Level 5	FP Level 6
North Dakota State University Swimming Lessons	Parent/ Child 1	Parent/ Child 2	Pre- school Level 1	Pre- school Level 2	Level 1	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Concordia University Swimming Lessons	Parent and Child Lessons	Parent and Child Lessons	Beginner	Beginner	Level 1	Level 1	Level 2	Level 3	Level 4	Level 5	Personal Water Safety
Dragon Swim School	Parent Child	Parent Child	Level 1	Level 2	Level 2	Level 2	Level 3	Level 4/ Level 5	Level 5/ Level 6	Level 6/ Level 7	Level 8
Foss Swim School	Water Ad- justment Skills	Water Ad- justment Skills	Water Ad- justment Skills	Water Ad- justment Skills	Float up Skills	Float up Skills	Flip to Breath Skills	Swim Confi- dently	Building Endur- ance	Building Endur- ance	Learn to Race & Racing

The Fargo/Moorhead Swimming Lesson Program Level Comparison Chart provides a base starting point to begin comparing the equivalent level between programs. Swim lesson level comparisons are based on general lesson descriptions for each program. An individual's swimming current level may vary from program-to-program based on instructor interpretation of the individuals abilities. If further clarification is needed before enrolling, contact the program directly to discuss specific questions about an individual's abilities.

Links for Swim Lesson Level Descriptions

- 1) <https://www.west-fargo.k12.nd.us/cms/lib/ND02203445/Centricity/Domain/2381/Red%20Cross.pdf>
- 2) <https://ymcaccasslay.org/programs-camps/youth-teen/swim-school/ymca-swim-school-level-descriptions/>
- 3) <http://www.ci.moorhead.mn.us/departments/parks-recreation/brochure-programs> (follow registration links for level descriptions)
- 4) <https://www.fargoparks.com/youth-programs/swimming-lessons.html>
- 5) https://www.ndsu.edu/wellness/aquatics/ndsu_swim_academy/
- 6) <https://www.concordiacollege.edu/student-life/athletics-recreational-sports/facilities/swimming-lessons/swimming-lessons/>
- 7) <https://www.msundragons.com/sports/2018/7/24/level-descriptions.aspx?id=436>
- 8) https://www.fosswimschool.com/swim-path-levels/?gclid=EAIaIQobChMI5KqCyyXn5QIV1PjBx33iQOBEAAYASABEgJuWvD_BwE

American Red Cross Levels Hulbert Aquatic Center



Fargo/Moorhead Swimming Lesson Programs

Parent and Child 1 **6-18 months**

Course Description/Objectives
Familiarize children between the ages of 6 months to 18 months with the water and teach swimming readiness skills

Provide safety information for parents and teach techniques parents can use to orient their children to the water

Course Skills
Getting wet with toys and kicking
Enter the water by lifting in
Enter the water by walking in
Exploring in and out of the pool
Exiting the water by lifting out
Exiting the water by walking out
Blow bubbles on the surface
Blow bubbles with nose and mouth submerged
Underwater exploration
Submerge mouth, eyes and nose
Front Glide
Back Glide
Back float
Rolling from front to back
Rolling from back to front
Passing from instructor to parent
Leg action

Must be 18 months to pass to Parent and Child 2 ⁽¹⁾

Program	Level Name	Level Description
Cass/Clay YMCA	Parent/ Baby	In this class, the parent learns how to properly hold their 6-18 month baby while working on floating, submerging, hand/eye coordination and muscle strengthening through games and songs. These lessons are a great bonding opportunity between parent and baby! ⁽²⁾
Moorhead Swim Lessons	Parent/ Child	This program is recommended for toddlers ages 6 months to 2 years and parent(s). The goal of this program is to enhance the child's comfort in the water and to introduce basic skills that will help prepare each child to enter the preschool level without parents. Parents will learn tips to encourage their child's skill development. ⁽³⁾
Fargo Parks		
NDSU Swim Academy	Parent/ Child Level 1	Level 1 will work to familiarize children between 6 months and 3 years with water and teach swimming readiness skills. This level will provide safety information for parents. ⁽⁵⁾
Concordia Swim Lessons	Parent and Child lessons	This course is designed as a child's first aquatic experience. We recommend children are 2 years of age. The goal of this class is to help children become acquainted with the water and to teach parents how to help their children achieve this. ⁽⁶⁾
Dragon Swim School	Parent Child	Aimed at children six months to three years of age. It is primarily focused on getting the student to be comfortable and having fun in the water. Parents are taught basic lessons on how to further teach their child. ⁽⁷⁾
Foss Swim School	Levels focused on water adjustment skills	At any age, starting as soon as 6 months, kids and adults learn to acclimate to the water, to overcome fears, to bond with each other, to enjoy water. Students focus on putting their face in the water and getting back to the edge of the pool with assistance. ⁽⁸⁾

**American Red Cross Levels
Hulbert Aquatic Center**



Fargo/Moorhead Swimming Lesson Programs

Parent and Child 2 18 months-3 years

Course Description/Objectives
 Improve skills learned in Parent and Child Aquatics Level 1 and teach more advanced skills

Continue to build on water safety knowledge

Course Skills
 Enter the water by a seated position or rolling over from a seated position and sliding in
 Enter the water by stepping or jumping in
 Enter the water using a ladder or stairs
 Exploring the pool in shallow water
 Using the side of the pool, ladder or stairs to exit
 Opening eyes to retrieve objects below the surface
 Bobbing
 Front and back glides
 Front and back floats
 Rolling from front to back and back to front
 Passing from instructor to parent
 Alternative or simultaneous leg actions on the front and on the back
 Alternative or simultaneous arm actions on the front and on the back
 Combined arm and leg actions on the front and on the back
 Drafting while breathing

Must be 3 years to pass to Preschool 1 (1)

Program	Level Name	Level Description
Cass/Clay YMCA	Parent/Child	Toddlers ages 19-35 months. This class teaches the parent how to work with their child on relaxed floating, gaining breath control for submerging, independent climbing out of the pool and muscle strengthening. These classes include fun games and songs and are a great opportunity to spend some time with your child! (2)
Moorhead Swim Lessons	Parent/Child	This program is recommended for toddlers ages 6 months to 2 years and parent(s). The goal of this program is to enhance the child's comfort in the water and to introduce basic skills that will help prepare each child to enter the preschool level without parents. Parents will learn tips to encourage their child's skill development. (3)
Fargo Parks		
NDSU Swim Academy	Parent/Child Level 2	Children will improve skills learned in Parent/Child Level 1 and learn more advanced skills, continuing to build on water safety knowledge. (5)
Concordia Swim Lessons	Parent and Child lessons	This course is designed as a child's first aquatic experience. We recommend children are 2 years of age. The goal of this class is to help children become acquainted with the water and to teach parents how to help their children achieve this. (6)
Dragon Swim School	Parent Child	Aimed at children six months to three years of age. It is primarily focused on getting the student to be comfortable and having fun in the water. Parents are taught basic lessons on how to further teach their child. (7)
Foss Swim School	Levels focused on water adjustment skills	At any age, starting as soon as 6 months, kids and adults learn to acclimate to the water, to overcome fears, to bond with each other, to enjoy water. Students focus on putting their face in the water and getting back to the edge of the pool with assistance. (8)

American Red Cross Levels Hulbert Aquatic Center



Fargo/Moorhead Swimming Lesson Programs

Preschool 1 **3-5 years**

Course Description/Objectives

Familiarize children approximately 3-5 years old to the aquatic environment and help them acquire rudimentary basic aquatic skills

Help participants begin to develop positive attitudes and safe practices in and around water.

Course Skills

- Enter and exit the water using the ladder, steps or side of the pool
- Blowing bubbles through mouth and nose for 3 seconds
- Submerging mouth, eyes and nose
- Open eyes under water and retrieve submerged objects
- Front glide and recover to a vertical position
- Back glide and recover to a vertical position
- Back float for 3 seconds
- Roll from front to back and back to front
- Arm and hand treading water actions
- Alternating and simultaneous arm and leg actions on the front and back
- Combined arm and leg actions on the front
- Exit skill 1:
Enter independently using ramps or stairs. Travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then exit safely
- Exit skill 2:
In shallow water, glide to front for 2 body lengths, roll to back and float for 3 seconds then recover to a vertical position

Must pass Preschool 1 to advance to Preschool 2 ⁽¹⁾

Program	Level Name	Level Description
Cass/Clay YMCA	Guppy	Children 3 years old can begin getting comfortable in the water independent of their parents. Through patience and trust, children in this level will overcome their fear and eventually swim independently. Instructors work with children at their own pace and encourage students progress through games and fun. ⁽²⁾
Moorhead Swim Lessons	Preschool Swim	This program is recommended for first time swimmers ages 3-4. Basic swimming skills will be taught using games, songs and water toys to provide a fun introduction to swimming and water safety. ⁽³⁾
Fargo Parks	FP Pre-Level	This is a class for preschool children (ages 4-5) who are independent enough to participate in a swimming class without a parent but are not advanced enough for the large pool. Participants will learn how to be safe around water and begin working on floating, arm and leg movements, and confidence in the water where they can touch. ⁽⁴⁾
NDSU Swim Academy	Preschool Level 1	in Level 1, children will be familiarized to the aquatic environment and helped to acquire rudimentary basic aquatic skills. Participants will begin to develop positive attitudes and safe practices in and around the water. ⁽⁵⁾
Concordia Swim Lessons	Beginner	This course is for children who have reached their third birthday and are ready to attend class without their parent in the water with them. The major skills in this level are submerge the face for 3 seconds comfortably, swim on front and back with support, float on front with face in the water for 3 seconds with support and float on back. ⁽⁶⁾
Dragon Swim School	Level 1	Water adjustment, floating on front and back, and moving short distances through the water with a floatation device. ⁽⁷⁾
Foss Swim School	Levels focused on water adjustment skills	At any age, starting as soon as 6 months, kids and adults learn to acclimate to the water, to overcome fears, to bond with each other, to enjoy water. Students focus on putting their face in the water and getting back to the edge of the pool with assistance. ⁽⁸⁾

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Fargo/Moorhead Swimming Lesson Programs

Preschool 2 **3-5 years**

Course Description/Objectives

Build on and improve skills learned in Preschool Aquatics Level 1

Increase knowledge of water safety topics introduced in Preschool Aquatics Level 1

Course Skills

Enter the water by stepping in from deck or low height
Exit the water using the ladder or side of the pool
Bob 5 times
Open eyes underwater and retrieve submerged objects
Front glide and recover into a vertical position
Front float for 3 seconds
Back glide and recover to vertical position
Back float for 15 seconds
Roll from front to back and back to front
Tread water using arm and leg actions for 15 seconds
Finning action on back
Combined arm and leg actions on front
Exit skill 1:
Glide on front for 2 body lengths, roll to back, float on back for 15 seconds then recover to vertical position
Exit skill 2:
Glide on back for 2 body lengths, roll to front then recover to a vertical position
Exit skill 3:
Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 15 seconds, roll to front then swim on front for 3 body lengths

Must pass Preschool 2 to advance to Preschool 3 ⁽¹⁾

Program	Level Name	Level Description
Cass/Clay YMCA	Guppy	Children 3 years old can begin getting comfortable in the water independent of their parents. Through patience and trust, children in this level will overcome their fear and eventually swim independently. Instructors work with children at their own pace and encourage students progress through games and fun. ⁽²⁾
Moorhead Swim Lessons	Preschool Swim	This program is recommended for first time swimmers ages 3-4. Basic swimming skills will be taught using games, songs and water toys to provide a fun introduction to swimming and water safety. ⁽³⁾
Fargo Parks	FP Pre-Level	This is a class for preschool children (ages 4-5) who are independent enough to participate in a swimming class without a parent but are not advanced enough for the large pool. Participants will learn how to be safe around water and begin working on floating, arm and leg movements, and confidence in the water where they can touch. ⁽⁴⁾
NDSU Swim Academy	Preschool Level 2	In Level 2, children will build on and improve skills learned in Preschool Level 1. Children will increase knowledge of water safety topics previously introduced. ⁽⁵⁾
Concordia Swim Lessons	Beginner	This course is for children who have reached their third birthday and are ready to attend class without their parent in the water with them. The major skills in this level are submerge the face for 3 seconds comfortably, swim on front and back with support, float on front with face in the water for 3 seconds with support and float on back. ⁽⁶⁾
Dragon Swim School	Level 2	Front and back floating without assistance and moving short distances through the water with floatation devices. ⁽⁷⁾
Foss Swim School	Levels focused on water adjustment skills	At any age, starting as soon as 6 months, kids and adults learn to acclimate to the water, to overcome fears, to bond with each other, to enjoy water. Students focus on putting their face in the water and getting back to the edge of the pool with assistance. ⁽⁸⁾

American Red Cross Levels Hulbert Aquatic Center



Fargo/Moorhead Swimming Lesson Programs

Preschool 3 **3-5 years**

Course Description/Objectives

Familiarize children approximately 3-5 years old to the aquatic environment and help them acquire rudimentary basic aquatic skills

Help participants begin to develop positive attitudes and safe practices in and around water.

Course Skills

Enter the water by jumping in
Fully submerge and hold breath for 10 seconds
Bob 10 times
Front, Jellyfish, and tuck float for 10 seconds
Back float for 15 seconds
Front and Back glide and recover to a vertical position
Change direction of travel while swimming on the front and on the back
Treading water using arm and leg actions for 30 seconds
Finning arm action on the back
Combined arm and leg actions on the front and back
Exit Skill 1:
Step from the side into chest deep water, push off the bottom, move into a treading water or floating position for 15 seconds, swim on front/back for 5 body lengths then exit the water
Exit Skill 2:
Move into a back float for 15 seconds, roll to front, then recover to a vertical position
Exit Skill 3:
Push off and swim using arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, continue swimming for 5 body lengths

Must be 6 years old to advance to the Learn-to Swim Program Levels (1)

Program	Level Name	Level Description
Cass/Clay YMCA	Starfish	In this level, encouragement and positive reinforcement will help little swimmers become more skilled at swimming independently. Floating independently on their front and back, as well as kicking across the pool on their back is stressed for safety reasons. (2)
Moorhead Swim Lessons	Level 1 Water Skills	In Level 1, participants will learn to enter and exit the water safely, float on their front and back, submerge to pick up objects, explore arm and hand movements, exhale underwater, explore swimming on front and back, use a life jacket and follow basic water safety rules. (3)
Fargo Parks	FP Pre-Level	This is a class for preschool children (ages 4-5) who are independent enough to participate in a swimming class without a parent but are not advanced enough for the large pool. Participants will learn how to be safe around water and begin working on floating, arm and leg movements, and confidence in the water where they can touch. (4)
NDSU Swim Academy	Level 1-Intro to Water Skills	In Learn-to-Swim Level 1- introduction to Water Skills, the participant is introduced to basic skills as the foundation for future skills and the development of water competency (the basic minimum skills needed for water safety). (5)
Concordia Swim Lessons	Level 1: Introduction to Water Skills	This course is designed for children who have passed beginner or are comfortable with their face in the water and swimming on front and back with support. The major skills in this level are submerge whole head 3 times and blow bubbles, float on front and back for 3 seconds without support, swim on front with face in the water for 5 yards unassisted, and swim on back for 5 yards unassisted. (6)
Dragon Swim School	Level 2	Front and back floating without assistance and moving short distances through the water with flotation devices. (7)
Foss Swim School	Levels focused on Float Up Skills	At this step of the Swim Path™, students will focus on floating on their front and back while learning to flip between the two. They'll use their hands and feet to move their bodies through the water while floating on top of the surface. Equally important, students will learn to self-adjust to rise up to the surface when underwater. (8)

American Red Cross Levels Hulbert Aquatic Center



Fargo/Moorhead Swimming Lesson Programs

Learn-To-Swim Level 1 **6-16 years**

Course Description/Objectives
Orient participants to the aquatic environment and help them gain basic aquatic skills

Help participants begin to develop positive attitudes and safe practices around water

Course Skills

Enter and exit the water using a ramp, steps or side
Blow bubbles for 3 seconds
Bob 10 times
Open eyes under water and retrieve submerged objects
Front glide and recover to a vertical position
Back glide and recover to a vertical position
Back float for 5 seconds
Roll from front to back and back to front
Tread water using arm and hand actions
Alternative and simultaneous arm and leg actions on front and back
Combined arm and leg actions on front and back
Exit skill 1:
Enter using the ramp, steps or side, travel at least 5 yards, bob 5 times
Exit skill 2:
Glide on back for 2 body lengths, roll to front then recover to a vertical position
Exit skill 3:
Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 15 seconds, roll to front then swim on front for 3 body lengths

Must pass Level 1 to advance to Level 2 (1)

Program	Level Name	Level Description
Cass/Clay YMCA	Starfish	In this level, encouragement and positive reinforcement will help little swimmers become more skilled at swimming independently. Floating independently on their front and back, as well as kicking across the pool on their back is stressed for safety reasons. (2)
Moorhead Swim Lessons	Level 1 Water Skills	In Level 1, participants will learn to enter and exit the water safely, float on their front and back, submerge to pick up objects, explore arm and hand movements, exhale underwater, explore swimming on the front and back, use a life jacket and follow basic water safety rules (3)
Fargo Parks	FP Level 1	Students will continue building confidence by learning the basic swimming kicks and arm strokes (whip and flutter kicks and the front and back crawl) with support from floatation devices and the instructor. In Level 1, students progress to attempting skills introduced in pre-level in water 3-5 ft in depth. (4)
NDSU Swim Academy	Level 1- Introduction to Water Skills	In Learn-to-Swim Level 1- introduction to Water Skills, the participant is introduced to basic skills as the foundation for future skills and the development of water competency (the basic minimum skills needed for water safety). (5)
Concordia Swim Lessons	Level 1- Introduction to Water Skills	This course is designed for children who have passed beginner or are comfortable with their face in the water and swimming on front and back with support. The major skills in this level are submerge whole head 3 times and blow bubbles, float on front and back for 3 seconds without support, swim on front with face in the water for 5 yards unassisted, and swim on back for 5 yards unassisted. (6)
Dragon Swim School	Level 2	Front and back floating without assistance and moving short distances through the water with floatation devices (7)
Foss Swim School	Levels focused on Float Up Skills	At this step of the Swim Path™, students will focus on floating on their front and back while learning to flip between the two. They'll use their hands and feet to move their bodies through the water while floating on top of the surface. Equally important, students will learn to self-adjust to rise up to the surface when underwater. (8)

American Red Cross Levels Hulbert Aquatic Center



Fargo/Moorhead Swimming Lesson Programs

Learn-To-Swim Level 2 **6-16 years**

Course Description/Objectives
Build on the basic aquatic skills and water safety skills and concepts learned in Level 1.

Course Skills
Enter and exit water from side
Fully submerge and hold breath
Rotary Breathing
Front, Jellyfish, and tuck floats for 10 seconds
Front and back glide and recover to vertical position
Back float for 15 seconds
Roll from front to back and back to front
Tread water for 15 seconds
Change direction of travel while swimming on front or back
Combined arm and leg actions on front or back
Finning arm action on Back
Exit Skill 1:
Step from side into chest-deep water, push off the bottom, move into treading or floating position for 15 seconds, swim on front or back for 5 body lengths then exit
Exit Skill 2:
Move into a back float for 15 seconds, roll to front then recover to a vertical position
Exit Skill 3:
Push off and swim using combined arm and leg actions on front for 4 body lengths, roll to back, float for 15 seconds, roll to front and continue swimming for 5 body lengths

Must pass Level 2 to advance to level 3 ⁽¹⁾

Program	Level Name	Level Description
Cass/Clay YMCA	Froggie	In this class, participants will build on their skills by swimming further distances independently. Being able to transition from swimming on their front to their back with ease is one of the skills that will build confidence in these young swimmers! This is also a major water safety skill, and a building block towards formalized strokes in future levels. ⁽²⁾
Moorhead Swim Lessons	Level 2 Aquatic Skills	In Level 2 participants learn to tread water, glide on their front and back, explore swimming on their side, rollover from front to back and back to front, enter water by stepping or jumping from the side, swim on their front and back using combined strokes, and perform rhythmic breathing. ⁽³⁾
Fargo Parks	FP Level 2	Students will focus on practicing the skill sets learned in level one and build the confidence to complete the skills without support from the instructor and/or floatation devices. ⁽⁴⁾
NDSU Swim Academy	Level 2-Fundamental Aquatic Skills	Build on skills learned in level 1. The participant begins to perform skills at a slightly more advanced level and begins gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills. The instructors follow a plan to introduce new swimming and water safety skills and build on previously learned skills. ⁽⁵⁾
Concordia Swim Lessons	Level 2: Fundamental Aquatic Skills	The purpose of this course is to give students success with fundamental skills. The major skills in this level are treading water for 30 seconds unassisted, float on front and back for 5 seconds, swim on front for 10 yards with face in the water, swim on back for 10 yards body horizontally. ⁽⁶⁾
Dragon Swim School	Level 3	Kicking and beginning swimming on front and back without assistance, deep water exploration with assistance and bilateral breathing. ⁽⁷⁾
Foss Swim School	Levels focused on Flip to Breath Skills	This step of the Swim Path™ mixes float competence and propulsion to build stronger swimmers who can move continually while coordinating and controlling their breathing. ⁽⁸⁾

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Fargo/Moorhead Swimming Lesson Programs

Learn-To-Swim Level 3 **6-16 years**

Course Description/Objectives
Build on the skills learned in Levels 1 and 2 to help participants achieve basic water competency in a pool environment.

Course Skills
Jump into deep water from side, submerge and then return to the surface
Headfirst entry from the side in seated and kneeling positions
Bobbing while moving to safety
Rotary Breathing
Survival float for 30 seconds
Back float for 1 minute
Tread water for 1 minute
Change from vertical to horizontal position on front and back
Push off in a streamlined position on front, then begin kicking
Front crawl for 15 yards
Elementary Backstroke for 15 yards
Flutter, Scissors, Breaststroke, and dolphin kicks
Exit Skill 1:
Jump into deep water from side, recover to surface, maintain position by treading water or floating for 1 minute, rotate one full turn then turn as necessary to orient to the exit point, level off, front crawl or elementary school backstroke for 15 yards
Exit Skill 2:
Push off in a streamlined position, swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards then exit

Must pass Level 3 to advance to Level 4 (1)

Program	Level Name	Level Description
Cass/Clay YMCA	Turtle	Children in this class will build on previous levels by working on swimming underwater, beginning defined swimming strokes, and learning more water safety skills. Swimmers will also learn backstroke, front crawl, elementary backstroke, and will be able to retrieve toys from the bottom of the pool. (2)
Moorhead Swim Lessons	Level 3 Stroke Development	In Level 3 participants will learn to jump into deep water from the side, rotary breathing, butterfly kick, body motion, change from vertical to horizontal position on front and back, dive from sitting or kneeling position, swim front crawl, bob with head fully submerged and swim back crawl. (3)
Fargo Parks	FP Level 3	Students will begin working on their swimming endurance along with more intermediate swimming skills such as the breaststroke and diving. (4)
NDSU Swim Academy	Level 3-Stroke Development	Participants learn to swim the front crawl and elementary backstroke at rudimentary levels, are introduced to the scissor and dolphin kicks, learn the survival float and increase the time duration for treading water. Participants also learn the rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at pool side. (5)
Concordia Swim Lessons	Level 3-Stroke Development	The purpose of this course is to build on the fundamentals of locomotion and safety skills learned in level 2. The major skills in this level are: dive from the side in a kneeling position, tread water for 1 minute, front crawl for 15 yards using rhythmic breathing, elementary backstroke for 15 yards, whip kick on front and back for 15 yards, and dolphin kick. (6)
Dragon Swim School	Level 4/ Level 5	Kicking and swimming freestyle and backstroke up to 10 yards each and deep water exploration without assistance. (7) Continued skill progression and increased distance for freestyle and backstroke, plus diving from the side of the pool. (7)
Foss Swim School	Levels focused on Swim Confidently Skills	Students will learn to swim the four strokes with an emphasis on proper technique and timing. Mastery of this step in the progression makes for safer swimmers during recreational water activities. (8)

American Red Cross Levels Hulbert Aquatic Center



Fargo/Moorhead Swimming Lesson Programs

Learn-To-Swim Level 4 **6-16 years**

Course Description/Objectives
 Improve participants' proficiency in performing the swimming strokes that were introduced in Level 3

Course Skills
 Headfirst entry in compact and stride positions
 Feet first surface dives
 Swim underwater
 Tread water using 2 different kicks
 Survival swimming for 1 minute
 Elementary Backstroke for 25 yards
 Breaststroke for 15 yards
 Back crawl for 15 yards
 Butterfly for 15 yards
 Sidestroke for 15 yards
 Open turns on the front and back
 Flutter and dolphin kick on back
 Pushing off in a streamlined position on the back then begin kicking
 Exit Skill 1:
 Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards
 Exit Skill 2:
 Swim Breaststroke for 15 yards, change direction and position as necessary and swim back crawl
 Exit Skill 3:
 Submerge and swim a distance of 3-5 body lengths underwater without hyperventilating, return to the surface, then exit water

Must pass Level 4 to advance to Level 5 ⁽¹⁾

Program	Level Name	Level Description
Cass/Clay YMCA	Otter	Swimmers in the Otter class will gain confidence as they begin to swim further distances in backstroke, front crawl, and elementary backstroke. Children will learn dolphin kick, breaststroke pull and kick, and will start to learn flip turns. ⁽²⁾
Moorhead Swim Lessons	Level 4 Stroke Improvement	In Level 4 participants will learn to dive from compact or stride position, breaststroke, swim underwater, elementary backstroke, throwing assists, feet-first surface dive, swim on side using scissors kick, coordinate butterfly, open turns on front and back, and compact jump from height with a life jacket. ⁽³⁾
Fargo Parks	FP Level 4	Students will continue developing their swimming endurance and begin working on more advanced swimming strokes, such as the sidestroke and butterfly. Basic life saving practices, such as a reach-throw technique, will be introduced that focus specifically on staying safe around pools, lakes and rivers. ⁽⁴⁾
NDSU Swim Academy	Level 4- Stroke Improvement	In Learn-to-Swim Level 4- Stroke improvement, instructors follow a plan to introduce new swimming and water safety skills, build on previously learned skills, improve the swimming stroke proficiency and swimming for longer distances. Introduction of all swim strokes. ⁽⁵⁾
Concordia Swim Lessons	Level 4: Stroke Improvement	The purpose of this course is to develop confidence and competency in aquatic locomotion and safety skills. The major skills in this level are dive from the side in a standing position, tread water for 2 minutes, front crawl for 25 yards using rhythmic breathing and body roll, breaststroke for 15 yards using proper timing (pull, breath, kick, glide), elementary backstroke for 25 yards, back crawl for 15 yards with body roll, dolphin kick for 15 yards and scissors kick on side for 15 yards. ⁽⁶⁾
Dragon Swim School	Level 5/ Level 6	Continued skill progression and increased distance for freestyle and backstroke, plus diving from the side of the pool. ⁽⁷⁾ Dolphin and breaststroke kicking and flip turns and increased distance for freestyle and backstroke ⁽⁷⁾
Foss Swim School	Levels focused on Building Endurance	Swimmers who love water or those looking to prepare for a swim team will find this step in the Swim Path™ most rewarding. Technique is built alongside endurance and strength. ⁽⁸⁾

American Red Cross Levels Hulbert Aquatic Center



Fargo/Moorhead Swimming Lesson Programs

Learn-To-Swim Level 5 **6-16 years**

Course Description/Objectives
Help participants refine their performance of all six swimming strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke and side-stroke)

Course Skills
Shallow-angle dive into deep water
Tuck and pike surface dives
Tread water for 5 minutes
Tread water using only legs for 2 minutes
Sculling for 30 seconds
Font crawl for 50 yards
Elementary Backstroke for 25 yards
Breaststroke for 25 yards
Butterfly for 25 yards
Sidestroke for 25 yards
Front flip turn
Breaststroke open turn
Exit Skill 1:
Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, then elementary backstroke for 50 yards using appropriate and efficient turning styles
Exit Skill 2:
Swim breaststroke for 25 yards then swim back crawl for 25 yards using appropriate and efficient turning styles

Must pass Level 5 to advance to Level 6 (1)

Program	Level Name	Level Description
Cass/Clay YMCA	Seal	Children in this class will increase their strength and endurance by swimming multiple lengths of front crawl and backstroke with flip turns. Your swimming will progress by completing the butterfly and breaststroke. Endurance will be increased even more by working on being able to swim 300 yards continuously. (2)
Moorhead Swim Lessons	Level 5- Stroke Refinement	In level 5 participants will learn front crawl, elementary backstroke, front flip turn, back crawl, sidestroke, backstroke flip turn, breaststroke, survival swimming, rescue breathing, and tuck and pike surface dives. (3)
Fargo Parks	FP Level 5	Students will continue to work on their basic, intermediate , and advanced swimming strokes, focusing on endurance, refinement, and mastery. Various forms of diving, such as surface dives and diving from the starting blocks, will be introduced. (4)
NDSU Swim Academy	Level 5- Stroke Refinement	In Level 5- Stoke refinement, focus on helping participants refine their performance of all six swimming strokes: Front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke. (5)
Concordia Swim Lessons	Level 5: Stroke Refinement	The purpose of this course is to coordinate and refine key strokes learned in previous levels. The major skills in this level are, tread water for 4 minutes, front crawl for 50 yards with minimal head movement, breaststroke for 25 yards body horizontal, butterfly for 10 yards, elementary backstroke for 50 yards with arms fully extended at glide, back crawl for 25 yards with bent arm pull, and side-stroke for 25 yards with glide. (6)
Dragon Swim School	Level 6/ Level 7	Dolphin and breaststroke kicking and flip turns and increased distance for freestyle and backstroke (7) Swimming butterfly and breaststroke forward and back, starts from pool side, and five pool widths of freestyle and backstroke. (7)
Foss Swim School	Levels focused on Building Endurance	Swimmers who love water or those looking to prepare for a swim team will find this step in the Swim Path™ most rewarding. Technique is built alongside endurance and strength. (8)

American Red Cross Levels Hulbert Aquatic Center



Fargo/Moorhead Swimming Lesson Programs

Learn-To-Swim Level 6- Fitness Swimmer/ Personal Water Safety

Course Description/Objectives

Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances

Teach participants how to prevent aquatic emergencies in various aquatic environments and to introduce and practice self-rescue techniques

Course Skills

Surface dive and retrieve object from the bottom in 7-10 feet of water

Front crawl for 100 yards

Elementary Backstroke for 100 yards

Breaststroke for 50 yards

Back Crawl for 50 yards

Sidestroke for 50 yards

Demonstrate open turns and front/back flip turns while swimming

Exit Skill 1:

Swim 500 yards continuously using any 3 strokes of choice, swimming at least 50 yards of each stroke

(1)

Program	Level Name	Level Description
Cass/Clay YMCA	Shark	These experienced swimmers will be able to swim multiple lengths of the pool in each of the competitive strokes: front crawl, backstroke, breaststroke, and butterfly. Swimmers will also be skilled in elementary backstroke and sidestroke. Safety is emphasized in this class while students learn various forms of survival swimming. (2)
Moorhead Swim Lessons		
Fargo Parks	FP Level 6/ pre-life-guarding	Students will continue to develop their swimming endurance and begin learning intermediate lifesaving skills. Pre-lifeguarding skills will be taught in order to prepare students to be good babysitters/nannies and/or future lifeguards. This level will be a benefit to any student who spends time around water during the summer months and will ensure students are prepared to pass the water skills requirements for lifeguarding certifications. (4)
NDSU Swim Academy	Level 6- Fitness Swimmer	Fitness swimmer, as in all the other levels, instructors follow a plan to refine swimming, physical fitness in the water and water safety skills that were taught throughout the levels. The expectations are quite high regarding distance and quality. Additionally, in Fitness Swimmer, participants learn principles of training and how to evaluate their own level of fitness. (5)
Concordia Swim Lessons	Personal Water Safety	The purpose of this course is to refine the strokes so students swim with ease, efficiency, power and fluidity over greater distances. The major skills in both Level 6 options is swimming 500 yards continuously as follows: 100 yards front crawl, 100 yards elementary backstroke, 50 yards breaststroke, 50 yards sidestroke, 25 yards butterfly, 125 yards choice, pike, tuck and feet-first surface dives and survival swim for 5 minutes. (6)
Dragon Swim School	Level 8	Swimming freestyle and backstroke 150 yards each, forward and back starts from the starting blocks and treading water for 3 minutes. (7)
Foss Swim School	Levels focused on Learn to Race & Racing	Swimmers work toward applying speed and power to their strokes with the ultimate goal of increasing their speed, efficiency and timing. (8)