

CBSC Learn-to-Swim Lesson Levels and Objectives

Tiny Tots (Red Cross Preschool Sea Turtle – Sea Turtle)

1. Comfortable in the water, with other kids, and with instructor
2. Blowing bubbles face down
3. Jump into little pool assisted
4. Assisted Front Float (face in)
5. Assisted back float
6. Assisted Front Kicking
7. Rhythmic breathing (3 bobs)

Floaters 1 (Preschool Salamander)

1. Comfortable submersion in little pool; exhale underwater
2. Open eyes under water
3. Unassisted Front Float
4. Unassisted Back Float
5. Assisted Front Glide with breath to the side
6. Rhythmic breathing (5 bobs)

Floaters 2 (Preschool Crocodile – Swim Kids 1)

1. Rhythmic breathing (10 bobs)
2. Comfortable submersion in big pool
3. Assisted Back Glide
4. Unassisted Front Glide
5. Side Glide with Floatation device

Beginner Gliders (Red Cross Swim Kids 2-4)

1. Unassisted side glide
2. Front-side-front glide
3. Begin building 1-2-3 progressions (front and back)
4. Unassisted back glide
5. Introduction to backstroke
6. Introduction to front dive (kneeling and/or stride dive)
7. Introduction to backstroke start (using blocks)

Advanced Gliders (Swim Kids 4-6)

1. Continue building 1-2-3 progressions
2. 25m freestyle
3. 25m backstroke
4. Front dive
5. Backstroke start
6. Forward somersault

Strokers 1 (Swim Kids 6-7)

1. Front Dive
2. Introduction to Freestyle turn
3. Backstroke start & finish (counts strokes in from flags)
4. 25m Backstroke with start and flag count
5. 50m Freestyle with start and turn
6. Introduction to Breaststroke kick
7. 25m Breaststroke Kick
8. Introduction to Butterfly kick
9. 25m Butterfly kick

Strokers 2 (Swim Kids 7-8)

1. Breaststroke Start
2. 25 m Breaststroke
3. 25 m Butterfly
4. Introduction to Backstroke turn
5. 50 m Backstroke with start, turn and finish
6. 50m Freestyle with start and turn
7. Relay Start
8. Free Relay (using relay start)

Strokers 3 (Swim Kids 8-9)

1. Butterfly start
2. Medley Relay
3. 50 m Butterfly with start and turn
4. 50 m Breaststroke with start and turn
5. 100 m Backstroke with start, turn and finish
6. 100 m Freestyle with start and turn

Stroke Correction (Swim Kids 9-10)

1. Perfecting already learned strokes
2. Perfecting already learned starts and turns

*Note: The provided Red Cross equivalencies are only rough estimates as the two programs (CBSC and Red Cross) are taught very differently. The above objectives are not the pre-requisites for entering the level, but the goals for the end of the lesson set. Please speak with a coach if you have any questions.