

## Red Cross Swimming Levels

Red Cross Kids Level 1 Can jump into chest deep water, do front and back floats and swim on front for 2 metres Red Cross Kids

Red Cross kids Level 2 Can float\front and back, exhale through mouth and nose, flutter kick while gliding on front and back, swim 5 metres continuously

Red Cross kids Level 3 Deep water activities, can breathe rhythmically 10 times, glides front\back with kick for 5 m, and swim 10 m continuously

Red Cross kids Level 4 Can swim front crawl at least 5 m, arms recovering above water, and swim 15 m continuously

Red Cross Kids Level 5 Can surface support 45 seconds, swim front crawl at least 10 m, swim on back with kick 10 m, swim 25 m continuously

Red Cross Kids level 6 Level 5 and\or equivalent skills and knowledge

Red Cross Kids level 7 Level 6 and\or equivalent skills and knowledge

Red Cross Kids level 8 Level 7 and\or equivalent skills and knowledge

Red Cross Kids level 9 Level 8 and\or equivalent skills and knowledge

Red Cross Kids level 10 Level 9 and\or equivalent skills and knowledge