

Learn-to-Swim – Adult

Skill Chart

We use the Red Cross Adult Swim program which allows swimmers to progress at their own pace, mastering one set of skills before moving on to the next. Swim lessons for adults are available in the following three levels, developed to meet the needs of adult learners:

- **Learning the Basics: Earn basic swimming strokes and skills needed to become water competent, which is a combination of knowing water safety, having swimming skills and knowing how to help others in a water emergency.**

- **2) Improving Skills and Swimming Strokes: Participants will gain proficiency in basic aquatic skills and the six basic swimming strokes.**

- **3) Swimming for Fitness: Participants will learn to refine their front crawl, back crawl, breaststroke and turns to build endurance.**

