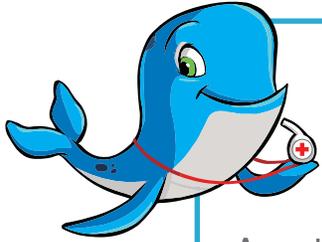


SWIMMING AND WATER SAFETY NEWS

Learn-to-Swim Level 1—Introduction to Water Skills



Welcome to American Red Cross Learn-to-Swim Level 1!

Congratulations! You have started your child on a journey to learn how to be safe in, on and around the water and to swim well. American Red Cross Learn-to-Swim is made up of six levels of swimming and water safety instruction.

As participants progress through the levels and develop these skills, they become safer and better swimmers.

We're proud to offer you:

- Professional instructors who are well trained by the American Red Cross.
- Learning made fun in a safe environment.
- A balanced program that teaches swimming skills and how to be safe in the water, including a focus on lowering the risk of drowning and increasing the chances of drowning survival.
- A comprehensive swimming and water safety program for everyone in the family—from infancy to adulthood including:
 - A free Red Cross Swim mobile application available for download from iTunes, Google Play or Amazon Marketplace app stores.
 - *Swim Lessons Achievement Booklets* to track skill achievement and progression through the levels.
 - Badge system to recognize and reward achievement outside of the levels, motivating participants to strive toward developing specific skills and for recognizing participants for something that they are doing well, especially when they are struggling with a specific skill or set of skills needed to successfully complete the level.



What happens in Learn-to-Swim Level 1?

For every level of Learn-to-Swim, our instructors follow a plan to introduce new swimming and water safety skills and build on previously learned skills. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim.

In Level 1—Introduction to Water Skills, your child is introduced to basic skills as the foundation for future skills and the development of water competency (the basic minimum

PARENT'S CORNER

How can you help?

- Always maintain constant supervision of your child and stay within in arm's reach of nonswimmers.
- Bring a light snack and drink for your child. Kids are often hungry after a lesson.
- Ask the instructor which skills your child should practice, and then make practicing fun at home or your local pool!
- Remember, children develop swimming skills at different rates. Offer praise and encouragement at each lesson. Encourage your child to enjoy swim lessons and take pride in personal success.

How can you build on your child's swimming experience?

- Talk about what your child has learned in the lesson to develop safe practices for the home and other aquatic environments such as lakes, rivers and waterparks.
- Encourage your child, when at play, to try the skills he or she is learning in lessons.
- Download the Red Cross Swim mobile application as soon as you enter your child in the swim lesson program and use it to help reinforce what your child is learning, and use it to help encourage your child's progress and knowledge about water safety.

skills needed for water safety). Certain milestones are necessary for successful completion of Level 1, including:

- Entering the water independently using the ramp, steps or side.
- Traveling at least 5 yards, bobbing 5 times and then safely exiting the water.

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- Opening eyes underwater and retrieving submerged object.
- Gliding on front with assistance at least 2 body lengths.
- Rolling to a back float for 5 seconds with assistance.
- Recovering to a vertical position with assistance.
- Combined arm and leg actions on front and back with assistance.
- Alternating and simultaneous arm and leg actions on front and back with assistance.

It is common for children to participate in several sessions of Level 1 before they successfully demonstrate each skill. That is okay! It is not important how quickly they move through a level, but that they acquire each skill.

How are Learn-to-Swim Level 1 participants evaluated?

Instructors follow a plan that details the skills to be introduced at each level along with performance expectations. Your child's progress and skill achievement are continuously monitored and evaluated. Once all Level 1 skills are achieved and the exit skills assessment is completed, your child receives a completion card and they are ready to move on to Level 2!

Take some time throughout the session to talk with your child's instructor to find out how your child is doing. At the end of the session, your instructor will date, sign and provide comments on your child's *Swim Lessons Achievement Booklet*. Once your child has successfully completed all of



the requirements for a level, there is another space for the instructor to indicate that your child is ready to enroll in the next level.

Where do swimmers go after Level 1?

Swimmers move through the six levels of the American Red Cross Learn-to-Swim program as they master the skills required at each level. After successfully completing Level 1, children are ready to move on to Level 2—Fundamental Aquatic Skills. Participants in Level 2:

- Learn to float face-down and on the back independently.
- Learn to recover to a vertical position independently.
- Further develop simultaneous and alternating arm and leg actions for swimming on the front and back as the foundation for future stroke development and water competency.

BE A WATER SMART FAMILY!

Know how to recognize an emergency. Emergencies can happen to anyone at any time. Sometimes a person who is in trouble cannot call for help; that is why you should tell the lifeguard or an adult right away if you think someone is in trouble.



**Do Your Part,
Be Water Smart**



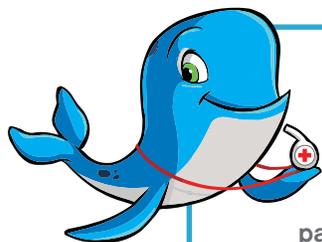
Stay safe around water. Pool decks are for walking only, no running or other horseplay. They are very slippery and you could fall. Always follow the rules.

Know how to call for help. When you call 9-1-1 or the local emergency number, tell the person who answers the phone what happened. Do not hang up. The person who answers the phone might be able to tell you how you can help. Stay on the phone until the person tells you it is all right to hang up.



SWIMMING AND WATER SAFETY NEWS

Learn-to-Swim Level 2–Fundamental Aquatic Skills

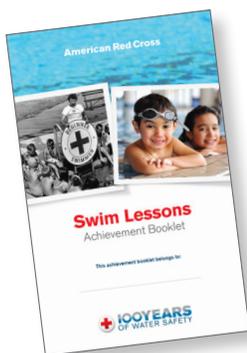


Welcome to American Red Cross Learn-to-Swim Level 2!

The American Red Cross Learn-to-Swim is made up of six levels of swimming and water safety instruction. We are thrilled that your child is ready for the fun and challenge of Learn-to-Swim Level 2–Fundamental Aquatic Skills. As participants progress through the levels and develop these aquatic skills, they become safer and better swimmers.

We're proud to offer you:

- Professional instructors who are well trained by the American Red Cross.
- Learning made fun in a safe environment.
- A balanced program that teaches swimming skills and how to be safe in the water, including a focus on lowering the risk of drowning and increasing the chances of drowning survival.
- A comprehensive swimming and water safety program for everyone in the family—from infancy to adulthood including:
 - A free Red Cross Swim mobile application available for download from iTunes, Google Play or Amazon Marketplace app stores.
 - *Swim Lessons Achievement Booklets* to track skill achievement and progression through the levels.
 - Badge system to recognize and reward achievement outside of the levels, motivating participants to strive toward developing specific skills and for recognizing participants for something that they are doing well, especially when they are struggling with a specific skill or set of skills needed to successfully complete the level.



BE A WATER SMART FAMILY!

Don't just pack it, wear your jacket. Whenever you go boating, always wear a properly fitting U.S. Coast Guard-approved life jacket. Be sure to put it on before you go out on the dock and do not take it off until you return.

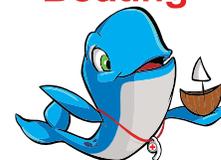
Know how to call for help.

If a lifeguard or an adult is not nearby, use a phone and call 9-1-1 or the local emergency number.

Know who the lifeguards are. Only swim in areas where the lifeguard can see you. Remember, if you can see the lifeguard, then, the lifeguard can see you.



Know About Boating



basic minimum skills needed for water safety). Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim.

Some of the milestones that are necessary for successful completion of Level 2 include:

- Stepping from the side into chest-deep water.
- Fully submerging and holding breath.
- Pushing off the bottom, moving into a treading or floating position for at least 15 seconds, swimming on front and/or back for 5 body lengths and then exiting the water.
- Moving into a back float for 15 seconds, rolling to front and then recovering to a vertical position.
- Pushing off and swimming using combined arm and leg actions on front for 5 body lengths, rolling to back, floating for 15 seconds, rolling to the front and then continue swimming for 5 body lengths.

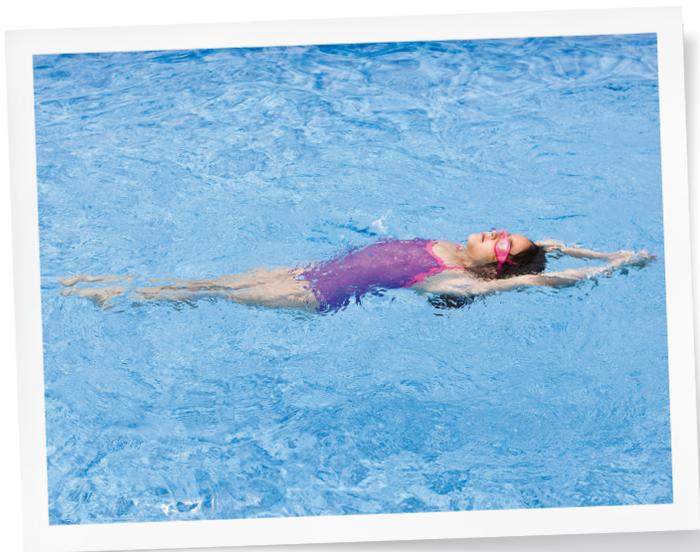
What happens in Learn-to-Swim Level 2?

Level 2–Fundamental Aquatic Skills builds on skills learned in Level 1. Your child 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.

Our instructors follow a plan to introduce new swimming and water safety skills and build on previously learned skills, including the development of water competency (the

How are Level 2 Learn-to-Swim participants evaluated?

Instructors follow a plan that details the skills to be introduced at each level along with performance expectations. Your child's progress and skill achievement are continuously monitored and evaluated. Once all Level 2 skills are achieved and the exit skills assessment is completed, your child receives a completion card and he or she is ready to move on to Level 3!



Take some time throughout the session to talk with your child's instructor to find out how your child is doing. At the end of the session, your instructor will date, sign and provide comments on your child's *Swim Lessons Achievement Booklet*. Once your child has successfully completed all of the requirements for a level, there is another space for the instructor to indicate that your child is ready to enroll in the next level.

Where do swimmers go after Level 2?

After successfully demonstrating the completion requirements from Level 2, enroll your child in Learn-to-Swim Level 3. In Learn-to-Swim Level 3—Stroke Development, your child will continue to perform skills to work toward water competency and learn the:

- Survival float.
- Front crawl.
- Elementary backstroke.
- Scissors kick.
- Fundamentals of treading water.
- Progressions for headfirst entries from the side of the pool in a sitting position and kneeling position.

PARENT'S CORNER

How can you help?

- Support your child by praising his or her effort in the pool.
- Bring a healthy snack and drink for your child for after the lesson to replace fluids and energy.
- Remember that children develop swimming skills at different rates. Many children need to repeat a level multiple times to complete all of the skills. Do not get discouraged; continue to offer praise and encouragement.
- Ask the instructor which skills your child should review, and then make practicing at home or at your local pool fun!

How can you build on your child's swimming experience?

- Take your child to public or family swims to develop strength, practice skills, gain confidence and increase his or her comfort level in the water.
- Ask your child to show you a skill learned in swim lessons and incorporate the skill into a game to play in the pool.
- Download the Red Cross Swim mobile application and use it to help encourage your child's progress and knowledge about water safety. Also use the app to share your child's progress and successes.
- Maintain a safety-first attitude and follow the American Red Cross Circle of Drowning Prevention.



Circle of Drowning Prevention

Layers of protection are essential to help prevent drowning.
Plan ahead for aquatic activities:

