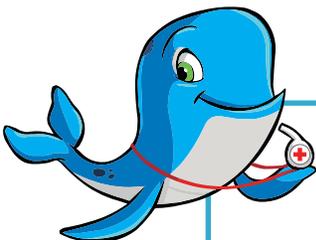


SWIMMING AND WATER SAFETY NEWS



Preschool Aquatics Level 1

Welcome to American Red Cross Preschool Aquatics 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 Preschool Aquatics consists of three levels of progressive swim instruction for children about 4 and 5 years old.

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!

Practice basic water safety. Teach your children to always ask for—and receive— your permission before entering any body of water. And keep a close eye on your children at all times and stay within an arm's reach of any weak or inexperienced swimmer who is in the water.

Know how to recognize an emergency. A person who is struggling at the surface or who is face-down in the water or on the bottom of the pool and not moving is in trouble and needs help. Tell the lifeguard or an adult right away.

Too much sun is no fun. Apply sunscreen with a SPF of 30 or more at least 15 minutes before you go outside. Reapply it again every 2 hours and after swimming and sweating.



**Do Your Part,
Be Water Smart**



water competency and the future skill development of swimming strokes. In addition, your child starts to develop positive attitudes and safe practices around the water.

Certain milestones are necessary for successful completion of Preschool Aquatics Level 1, including:

- Entering the water independently using ramp, steps or side and travel at least 5 yards.
- Submerging mouth and blowing bubbles for at least 3 seconds.
- Exiting the water safely.
- Gliding on front for at least 2 body lengths with support.
- Rolling to back and floating for 3 seconds with support.
- Recovering to a vertical position with support.

What happens in Preschool Aquatics Level 1?

For each level of Preschool Aquatics, our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for young children. Preschool Aquatics puts the “fun” in fundamentals. Each class is loaded with enjoyable, engaging and challenging activities that motivate children to want to perform and learn to swim.

In Preschool Aquatics Level 1, your child is introduced to basic skills. These skills lay the foundation for developing



It is quite common for children to participate in several sessions of Preschool Aquatics Level 1 before they are able to successfully demonstrate all the skills. That's okay! It is not important how quickly they move through a level, but that they achieve each skill.

Where do you go from here?

Children move through the three levels of the American Red Cross Preschool Aquatics program based on their mastery of the skills required at each level. After successfully demonstrating the completion requirements from Preschool Aquatics Level 1, children are eligible for either Preschool Aquatics Level 2 or American Red Cross Learn- to-Swim Level 2. Developmental readiness, maturity level and age help determine which course is more appropriate for your child.

In Preschool Aquatics Level 2, your child will:

- Continue to build skills necessary for water competency.
- Learn to float with assistance.
- Learn to recover to a vertical position.
- Explore combined arm and leg actions on the front and back.
- Learn more self-help and basic rescue skills.



WATER COMPETENCY: DID YOU KNOW?

Water competency means having the basic, minimum skills needed to be safe and survive in the water. It means more than just knowing how to swim. It also includes the ability to:

- Enter the water and submerge completely.
- Recover to the surface and stay there for at least 1 minute by treading water or floating.
- Turn completely (360 degrees) and orient to the exit.
- Level off and propel oneself on the front or back through the water for at least 25 yards.
- Exit the water.

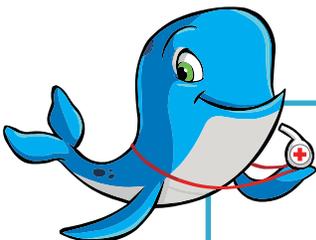
Water competency can typically be achieved at about Level 3 of the Learn-to-Swim program. Remember, you may be water competent in one type of aquatic environment, for example, a pool. However, this does not mean that you are water competent in another environment, such as a lake or ocean. Each environment is different and more skill is required.

PARENT'S CORNER

How can you help?

- Talk to your child's instructor about strategies to help your child participate as independently as possible without mom or dad in the class with them.
- Take some time throughout the session to talk with the instructor to find out how your child is doing.
- Encourage your child to use the bathroom before swim lessons.
- Remember, children develop swimming skills at different rates. Offer praise and encouragement at each lesson.
- Download the Red Cross Swim mobile app and use it to help encourage your child's progress and knowledge about water safety.
- Also use the *Swim Lessons Achievement Booklet* to help track your child's progress.
- Bring a light snack and drink for your child. Kids are often hungry after a lesson.
- Review water safety tips for your home.
- Take your child to public or family swims to increase his or her comfort level and confidence in the water.

SWIMMING AND WATER SAFETY NEWS



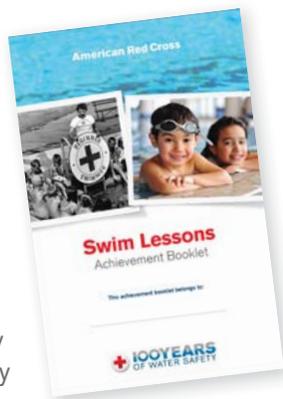
Preschool Aquatics Level 2

Welcome to American Red Cross Preschool Aquatics Level 2!

Congratulations! You are continuing your child on this very important journey to learn how to be safe in, on and around the water and to swim well. American Red Cross Preschool Aquatics consists of three levels of progressive swim instruction for children about 4 and 5 years old. Your child has now progressed to the second level.

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!

Know how to call for help. When you recognize an emergency, stay calm and call or have someone else call 9-1-1 or the local emergency number. Act quickly because every second counts.

Don't just pack it, wear your jacket.

A life jacket helps you stay afloat if you fall into the water. Always use a U.S. Coast Guard-approved life jacket and make sure that it fits properly. It should feel comfortable but snug.



Wear Your Life Jacket



Stay safe around

water. Every swimming area has rules that are often posted on signs. Be sure to follow all the rules. If you do not know the rules or don't understand the signs, ask your parents or the lifeguards to explain them to you.

What happens in Preschool Aquatics Level 2?

In Preschool Aquatics Level 2, our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for young children. Preschool Aquatics puts the “fun” in fundamentals. Each class is loaded with enjoyable, engaging and challenging activities that motivate children to want to perform and learn to swim.

This level continues laying the foundation for developing water competency and further skill development. Preschool Aquatics Level 2 marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain greater proficiency in preparation for performing strokes.

Some of the milestones achieved in Preschool Aquatics Level 2 include:

- Gliding on front at least 2 body lengths.
- Rolling to back, floating on back for 15 seconds, then recovering to a vertical position.
- Gliding on back for at least 2 body lengths.
- Rolling to front, then recovering to a vertical position.
- Swimming using combined arm and leg actions on front for 3 body lengths.
- Rolling to back, floating for 15 seconds, rolling to front then continuing to swim on front for 3 body lengths.

PARENT'S CORNER

Even though you're not in the water, you play an essential role in the American Red Cross Preschool Aquatics. Your enthusiasm and guidance can make your child's swim lessons a fun and rewarding experience.

How can you help?

- Support your child by praising his or her effort in the pool.
- Encourage your child to enjoy swim lessons and take pride in personal success. Avoid putting pressure on your child to achieve.
- Talk with the instructor to find out if your child is experiencing trouble with certain skills. The instructor may suggest some skills to work on during a family swim.
- Download the Red Cross Swim mobile app and use it to help encourage your child's progress and knowledge about water safety.

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

- Take your child to public or family swims to practice skills, gain confidence and increase endurance.
- Review water safety tips for your home. 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:



WATER COMPETENCY: DID YOU KNOW?

Water competency means having the basic, minimum skills needed to be safe and survive in the water. It means more than just knowing how to swim. It also includes the ability to:

- Enter the water and submerge completely.
- Recover to the surface and stay there for at least 1 minute by treading water or floating.
- Turn completely (360 degrees) and orient to the exit.
- Level off and propel oneself on the front or back through the water for at least 25 yards.
- Exit the water.

Water competency can typically be achieved at about Level 3 of the Learn-to-Swim program. Remember, you may be water competent in one type of aquatic environment, for example, a pool. However, this does not mean that you are water competent in another environment, such as a lake or ocean. Each environment is different and more skill is required.

All Preschool Aquatics Level 2 skills can be performed with assistance.

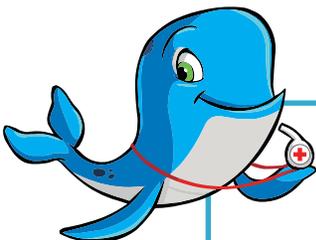
Where do you go from here?

Children move through the three levels of the American Red Cross Preschool Aquatics based on their mastery of the skills required at each level. After successfully demonstrating the completion requirements from Preschool Aquatics Level 2, children are eligible for either Preschool Aquatics Level 3 or the American Red Cross Learn-to-Swim Level 2. Developmental readiness, maturity level and age help determine which course is more appropriate for your child.

In Preschool Aquatics Level 3, your child will:

- Build on the skills in Level 2 by receiving additional guided practice and be able to demonstrate Level 3 skills independently.
- Coordinate combined simultaneous arm and leg actions and alternating arm and leg actions.
- Learn additional safety skills.

SWIMMING AND WATER SAFETY NEWS



Preschool Aquatics Level 3

Welcome to American Red Cross Preschool Aquatics Level 3!

Congratulations! You are demonstrating a commitment to ensuring that your child learns how to be safe in, on and around the water and to swim well. American Red Cross Preschool Aquatics consists of three levels of progressive swim instruction for children about 4 and 5 years old.

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 Preschool Aquatics Level 3?

In Preschool Aquatics Level 3, our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for young children and help further your child's development of water competency.

BE A WATER SMART FAMILY!

Reach or throw, don't go. In an emergency, when there is no adult or lifeguard present or capable to help and the victim is in the water, do not go into the water yourself. If the victim is close enough, use a reaching assist to help him or her out of the water.



Reach Or Throw, Don't Go



Look before you leap. Never jump or dive into water if you cannot see the bottom and you are not sure what is under the water.

Think so you don't sink. If you get tired and cannot make it to safety, do not panic. Instead, think about what you can do to stay safe.

Chain of Drowning Survival

A person who is drowning has the greatest chance of survival if these steps are followed:



Recognize the signs of someone in trouble and shout for help

Rescue and remove the person from the water (without putting yourself in danger)

Call emergency medical services (EMS)

Begin rescue breathing and CPR

Use an AED if available and transfer care to advanced life support



Preschool Aquatics puts the fun in fundamentals. Each class is loaded with enjoyable, engaging and challenging activities that motivate children to want to perform and learn to swim.

Some of the milestones in Level 3 include:

- Stepping from the side into chest-deep water.
- Pushing off the bottom and moving into a treading or floating position for 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 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 front then continuing to swim for 5 body lengths.

All Preschool Level 3 skills are performed independently.

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

- Take your child to public or family swims to practice skills and increase endurance.
- Use the mobile app to help encourage your child's progress and knowledge about water safety and to review and apply water safety tips and rules for your home.

PARENT'S CORNER

How can you help?

- Bring a light snack and drink for your child. Kids are often hungry after a lesson.
- Remember that each child is different. The physical abilities of children vary greatly, leading to development at different rates. Most children will not achieve all of the skills for Level 3 in one session of lessons.
- Download the Red Cross Swim mobile app and use it to help encourage your child's progress and knowledge about water safety.
- Be a healthy role model! Go with your child to family swims and make swimming part of your active lifestyle.
- Maintain a "safety-first" attitude and reinforce the steps of the American Red Cross Chain of Drowning Survival with your child when faced with a water emergency.

WATER COMPETENCY: DID YOU KNOW?

Water competency means having the basic, minimum skills needed to be safe and survive in the water. It means more than just knowing how to swim. It also includes the ability to:

- Enter the water and submerge completely.
- Recover to the surface and stay there for at least 1 minute by treading water or floating.
- Turn completely (360 degrees) and orient to the exit.
- Level off and propel oneself on the front or back through the water for at least 25 yards.
- Exit the water.

Water competency can typically be achieved at about Level 3 of the Learn-to-Swim program. Remember, you may be water competent in one type of aquatic environment, for example, a pool. However, this does not mean that you are water competent in another environment, such as a lake or ocean. Each environment is different and more skill is required.

Where do you go from here?

First, take time to celebrate! Your child has accomplished a significant goal by mastering the three levels of Preschool Aquatics. Make sure you congratulate your child for this accomplishment! But, this journey is not complete. Now that your child has completed Preschool Aquatics, continue that journey by registering him or her for the American Red Cross Learn-to-Swim Level 3.

In Learn-to-Swim Level 3, your child will learn to:

- Jump into deep water from the side.
- Maintain position by treading or floating for 1 minute, rotate one full turn and level off.
- Swim the front crawl and/or elementary backstroke for 25 yards and exit the water.
- Push off in a streamlined position, swim the front crawl for 15 yards, change position and direction and then swim elementary backstroke for 15 yards.

