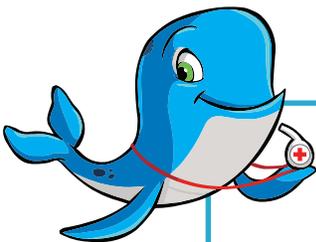


SWIMMING AND WATER SAFETY NEWS



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.