



# 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.

After participation in Preschool Aquatics, children are able to join in American Red Cross Learn-to-Swim with a solid base of fundamental skills. As children progress through the three levels of Preschool Aquatics and six levels of Learn-to-Swim, they develop swimming and water safety skills that help them 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.
- A comprehensive swimming and water safety program for everyone in the family—from infancy to adulthood.



#### 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. 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.
- Moving into a front float for 5 seconds, rolling to back, floating for 5 seconds then recovering to a vertical position.
- Moving into a back float for 5 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.

#### How are Preschool Aquatics Level 3 participants evaluated?

Your child's instructor continuously monitors and evaluates your child's progress. Instructors follow a plan that details the skills to be introduced at each

### Parent's Corner

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

#### How can you help?

- Bring a light snack and drink for your child. Kids are often hungry after a lesson.
- Understand that 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.
- Be a healthy role model! Go with your child to family swims and make swimming part of your active lifestyle.



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level along with performance expectations. Participants' skills are checked off as they are achieved. Once all Preschool Aquatics Level 3 skills are achieved, participants receive a completion certificate and they are ready to enter Red Cross Learn-to-Swim Level 3!

Take some time throughout the session to talk with your child's instructor to find out how your child is doing. If he or she is too busy between classes for anything more than a very brief update on your child's progress, ask the instructor for a better time to talk.

Near the end of the session, achievement cards are presented to children who have not mastered all skills. The cards indicate which skills have been achieved and which skills need more work.

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

- Take your child to public or family swims to practice skills and increase endurance.
- Review and apply water safety tips and rules for your home.

### 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, register him or her for American Red Cross Learn-to-Swim Level 3.

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

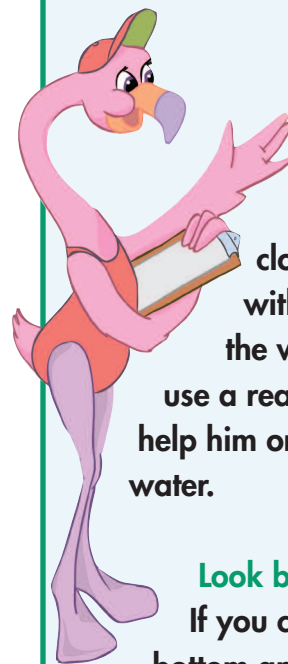
- Jump into deep water from the side.
- Swim the front crawl for 15 yards.
- Maintain position by treading or floating for 30 seconds.
- Swim the elementary backstroke for 15 yards.



## Be a Water Smart Family!

### Reach or throw, don't go!

If no adult or lifeguard is present or capable to help and the victim is close enough, without going into the water yourself, use a reaching assist to help him or her out of the water.



### Look before you leap!

If you cannot see the bottom and you are not sure what is under the water, do not jump or dive in.

### 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.

