



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.

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 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 future skill development of swimming strokes. Certain milestones are necessary for successful completion of Level 1, including—

- Entering the water independently using ladder, 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.
- Rolling to back and floating for 3 seconds.
- Recovering to a vertical position.

It is quite common for children to participate in several sessions of Level 1 before they are able to successfully demonstrate all the skills. That's okay!

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.

Talk to the instructor about strategies to help your child transition from Parent and Child Aquatics to an instructor-led class where mom or dad is an observer, rather than an in-water participant.

How can you help?

- Encourage your child to use the bathroom before swim lessons.
- Understand that children develop swimming skills at different rates.
- 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.

It is not important how quickly they move through a level, but that they achieve each skill.

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

Instructors follow a plan that details the skills to be introduced at each level along with performance expectations. Progress of participants is continuously monitored and evaluated and skills are checked off as they are achieved. Once all Level 1 skills are achieved, participants receive a completion certificate and they are ready to move on to the next level!

Take some time throughout the session to talk with your child's instructor to find out how your child is doing. 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.

Where do you go from here?

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

In Preschool Aquatics Level 2, your child will—

- Learn to float without support.
- Learn to recover to a vertical position.
- Explore simultaneous and alternating arm and leg actions on the front and back.
- Learn more self-help and basic rescue skills.



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.



Know how to recognize an emergency.

A person who is face down and has not moved or is on the bottom of the pool and not moving is in trouble and needs help. Tell the lifeguard or a grown up right away.

Too much sun is no fun!

Put on a lot of sunscreen before you go outside. Put it on again every 2 hours and put it on again after you go swimming or if you are sweating.

