



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.

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 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.

Some of the milestones in Level 2 include—

- Gliding on front at least 2 body lengths.
- Rolling to back, floating on back for 5 seconds then recovering to a vertical position.
- Gliding on back for at least 2 body lengths.
- Rolling to front, floating for 5 seconds then recovering to a vertical position.
- Swimming using combined arm and leg actions on front for 3 body lengths.
- Rolling to back, floating for 5 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 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.
- Avoid putting pressure on achievement; encourage your child to enjoy swim lessons and take pride in personal success.
- Talk with the instructor to find out if your child is experiencing trouble with certain skills. The instructor may suggest skills to work on during a family swim.

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 water safety tips for your home.



How are Preschool Aquatics Level 2 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 2 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 Red Cross Preschool Aquatics based on their mastery of the skills required at each level. After successfully demonstrating the completion requirements from Level 2, children are eligible for either Preschool Aquatics Level 3 or American Red Cross Learn-to-Swim Level 3. 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.
- Coordinate combined simultaneous arm and leg actions and alternating arm and leg actions.
- Learn additional safety skills.



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. Every second counts.



Don't just pack it, wear your jacket!

A life jacket helps you stay afloat if you fall into the water.

Stay safe around aquatic environments.

Every swimming area has rules, be sure to follow all the rules. If you do not know the rules, ask your parents or the lifeguards to explain them to you.

