

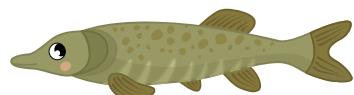


COSUMNES
COMMUNITY SERVICES DISTRICT

SWIM LESSONS

Water Safety Tips

- Vigilant adult supervision is key to drowning prevention.
- To find CPR & swim classes visit CosumnesCSD.gov
- Wear a coastguard approved PFD in open water.
- Too much sun is no fun.
- Be aware of pool drains and suction.
- Learn how to recognize the lifeguards.
- Learn to recognize an emergency & call for help.
- Look before you leap.
- Reach or throw, don't go.
- Think so you don't sink – learn how to stay calm.



Progress Card for:



American
Red Cross

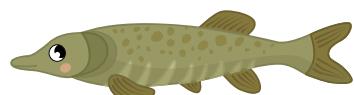


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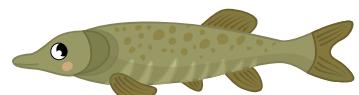


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Progress Card for:



American
Red Cross

PIKE

Learn-to-Swim Level 1 & 2



- Enter & exit the pool safely
- Fully submerge and hold breath for 10 seconds
- Bob 10 times
- Retrieve an object submerged in water 3 times
- Glide 2 body lengths then recover (front/back)
- Front float for 10 seconds & back float for 15 seconds
- Roll from front to back, and back to front
- Tread water for 10 seconds
- Alternating leg action (front/back)
- Productive arm action (front/back/Elementary backstroke)
- Combined arm and leg action 5 body lengths (front/back)

EXIT SKILLS ASSESSMENT

- Safely enter the water, swim 5 body lengths (10 yd.), and then tread or float for 15 seconds before exiting safely.
- Safely enter the water, swim for 5 body lengths (10 yd.), roll to your back, float for 15 seconds, roll to your front, continue swimming for 5 body lengths and then exit safely.

Recommended Next Level:

Instructor:

Date:



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