

# SWIM LESSONS

## Water Safety Tips

- Vigilant adult supervision is key to drowning prevention.
- To find CPR & swim classes visit [CosumnesCSD.gov](http://CosumnesCSD.gov)
- Don't just pack it, wear your jacket.
- Too much sun is no fun.
- Learn how to stay safe around water at home or at the river.
- Learn how to recognize the lifeguards.
- Learn to recognize an emergency & call for help.
- Look before you leap.



Progress Card for:



American  
Red Cross

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# SEAHORSE

## Preschool Aquatics Level 2



- Using your nose, blow bubbles for 5 seconds
- Bob 5 times
- Retrieve an object in chest deep water with eyes open
- Glide two body lengths then recover (Front / Back)
- Roll from front to back, and back to front
- Tread water for 5 seconds
- Sculling on back
- Alternating leg action (Front / Back)
- Alternating arm action (Front / Back)
- Combined arm & leg action for 3 body lengths (F/B)
- Elementary backstroke arms

### EXIT SKILLS ASSESSMENT

- Glide on your front for at least 2 body lengths (3 yd.). Then roll to your back and float for 15 seconds before recovering.
- Swim for 3 body lengths (5 yd.). Then roll to your back and float for 15 seconds. After that, roll to your front and continue swimming for 3 body lengths before exiting safely.

### Recommended Next Level:

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Instructor:

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Date:

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