

SWIM LESSONS

Water Safety Tips

- Vigilant adult supervision is key to drowning prevention.
- To find CPR & swim classes visit 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:

Instructor:

Date:

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