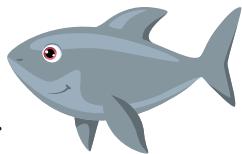


SWIM LESSONS

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.
- Know about boating before you go floating.
- Be aware of pool drains and suction.
- Know the dangers of hyperventilation and extended breath-holding.
- Know how to call for help and the importance of first aid and CPR.
- Swim as a pair near a lifeguard's chair.



Progress Card for:

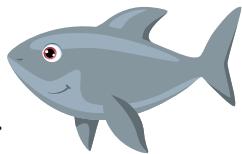


American
Red Cross

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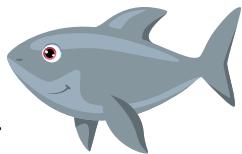


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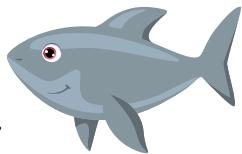


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Progress Card for:



American
Red Cross

SHARK

Learn-to-Swim Level 6



- Front crawl, 100 yards with flip turns
- Elementary backstroke, 100 yards
- Back crawl, 50 yards with flip turns
- Breaststroke, 50 yards with breaststroke turns
- Side Stroke, 50 yards with open turns
- Butterfly, 50 yards with butterfly turns
- Circle swim
- Reciprocal practice

EXIT SKILLS ASSESSMENT

- Swim 200 yards continuously using any stroke.
- Swim 20 yards, perform a surface dive, retrieve a 10 lbs. dive brick at a depth of 7-10 feet, and tread with or without the brick back to the starting wall without touching the wall or side until exit.
- Tread water for 7 minutes without using hands.

Recommended Next Level:

Instructor:

Date:

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