



# 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.



Progress Card for:



American  
Red Cross



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# STARFISH

## Preschool Aquatics Level 1



- Enter & exit the pool
- Using your nose, blow bubbles for 3 seconds
- Submerge mouth nose and eyes (bob)
- Retrieve submerged objects in shallow water
- Glide 2 body lengths then recover (front/back)
- Roll from front to back, and back to front
- Sculling action using arms
- Alternating leg action (Front / Back) (support)
- Alternating arm action (Front / Back) (support)
- Combined arm & leg action for 3 body lengths (F/B) (support)

### EXIT SKILLS ASSESSMENT

- Enter shallow water and move at least 5 yards. Then do a bob and blow bubbles for 3 seconds before exiting the water safely.
- Glide on your front for at least 2 body lengths. Then roll to your back and float for 3 seconds before recovering. You can use support while doing this.

### Recommended Next Level:

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Instructor:

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Date:

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