

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.



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:

Instructor:

Date:

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