



**COSUMNES**  
COMMUNITY SERVICES DISTRICT

# 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.
- Be aware of pool drains and suction.
- Learn how to recognize the lifeguards.
- Learn to recognize an emergency & call for help.
- Look before you leap.
- Reach or throw, don't go.
- Think so you don't sink – learn how to stay calm.



Progress Card for:



American  
Red Cross



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# STINGRAY

## Preschool Aquatics Level 3



- Bob 10 times in chest deep water (with nose bubbles)
- Fully submerge and hold breath, 10 seconds
- Demonstrate rotary breathing, 5 times during swimming
- Front float for 10 seconds then recover
- Back float for 15 seconds then recover
- Tread water for 30 seconds
- Sculling on back for 5 body lengths
- Combined arm & leg action for 5 body lengths (Front)
- Combined arm & leg action for 5 body lengths (Back)
- Combined arm & leg action for elementary backstroke

### EXIT SKILLS ASSESSMENT

- Tread water for 15 seconds. Then swim on your front or back for 5 body lengths (10 yd.) before exiting the water.
- Safely enter the water. Then swim for 5 body lengths (10 yd.). After that, roll to your back and float for 15 seconds. Then roll to your front and continue swimming for 5 body lengths before exiting safely.

### Recommended Next Level:

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Instructor:

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Date:

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