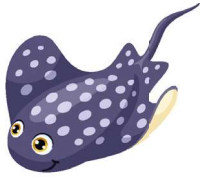


SWIM LESSONS

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.
- 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:

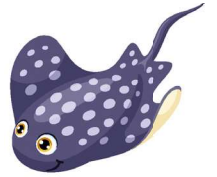


American
Red Cross

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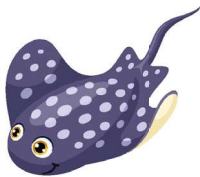


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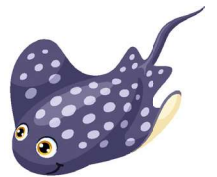


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Progress Card for:



American
Red Cross

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:

Instructor:

Date:

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