



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
- 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.
- Practice water safety in and around the home.
- Review basic water safety rules.
- Learn how to avoid recreational water illnesses.
- Learn about water toys and their limitations.



Progress Card for:



American
Red Cross



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CUDDLEFISH

Parent & Child Level 1 + 2

* All Skills performed with support



- Face-to-face, back-to-chest, and side-to-side positions
- Cueing
- Water entry (lifting and walking-seated or using steps)
- Water exploration (bubbles-underwater exploration)
- Front glide + back glide
- Leg action (front/back)
- Passing from instructor to parent
- Swim songs

- Front glide to the wall then front float
- Back glide + back float
- Roll from front to back, and back to front
- Alternating or simultaneous arm action (front/back)
- Combined arm + leg action on front and back to explore

Recommended Next Level:

Instructor:

Date:

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