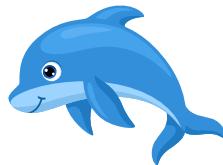


# SWIM LESSONS

## Water Safety Tips

- Vigilant adult supervision is key to drowning prevention.
- To find CPR & swim classes visit [CosumnesCSD.gov](http://CosumnesCSD.gov)
- Wear a coastguard approved PFD in open water.
- Know about boating before you go floating.
- Be aware of pool drains and suction.
- Know the dangers of hyperventilation and extended breath-holding.
- Know how to call for help and the importance of first aid and CPR.
- Think twice before going near cold water or ice.
- Learn how to avoid recreational water illnesses.



Progress Card for:



American  
Red Cross

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# DOLPHIN

## Learn-to-Swim Level 5



- Shallow angle dive, glide 3 body lengths, start swimming
- Tuck surface dive & pike surface dive
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Tread water for 5 minutes
- Front crawl, 50 yards
- Breaststroke, 25 yards with proper kick
- Butterfly, 25 yards with proper kick
- Elementary backstroke, 50 yards
- Back crawl, 25 yards
- Side stroke, 25 yards

### EXIT SKILLS ASSESSMENT

- Shallow angle dive into deep water, swim 25 yards butterfly, 25 yards back crawl, take a 30-second break on the wall, swim 25 yards breaststroke, and finish with 25 yards of front crawl. Use appropriate turning styles and kicks throughout the skills.

### Recommended Next Level:

Instructor:

Date:



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