



SWIM LESSONS

Water Safety Tips

- Vigilant adult supervision is key to drowning prevention.
- To find CPR & swim classes visit CosumnesCSD.gov
- Wear a coastguard approved PFD in open water.
- 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.
- Reach or throw, don't go.
- Think so you don't sink – learn how to stay calm.
- Think twice before going near cold water or ice.



Progress Card for:



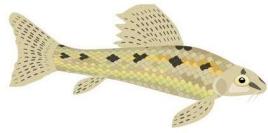
American
Red Cross



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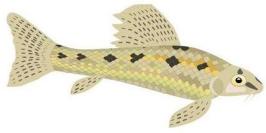
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American
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MINNOW

Learn-to-Swim Level 3



- Bob 15 times while moving toward safety
- Enter deep water by jumping from side
- Survival float for 30 seconds
- Back float for 1 minute
- Tread water for 1 minute
- Push off wall in streamline & flutter kick for 15 yards
- Push off wall in streamline & dolphin kick for 15 yards
- Front crawl, 15 yards with rotary breathing
- Breaststroke kick, 15 yards
- Elementary backstroke, 15 yards
- Scissor kick, 15 yards

EXIT SKILLS ASSESSMENT

- Jump into water, tread for 1 minute, rotate one full turn, swim 15-25 yards, and exit.
- Push off in streamlined position, swim front crawl for 15 yards, swim on back for 15 yards, and then exit

Recommended Next Level:

Instructor:

Date:

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