

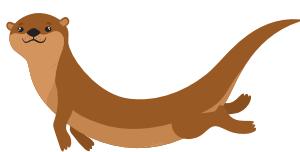


COSUMNES
COMMUNITY SERVICES DISTRICT

SWIM LESSONS

Water Safety Tips

- Vigilant adult supervision is key to drowning prevention.
- To find CPR & swim classes visit CosumnesCSD.gov
- Wear a coastguard approved PFD in open water.
- Too much sun is no fun.
- Be aware of pool drains and suction.
- Know the dangers of hyperventilation and extended breath-holding.
- Learn to recognize an emergency & call for help.
- Think twice before going near cold water or ice.
- Make good decisions about where to swim.



Progress Card for:



American
Red Cross



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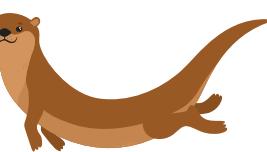


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Progress Card for:



American
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OTTER

Learn-to-Swim Level 4



- Head-first dive from compact and stride positions
- Submerge and swim underwater, 3-5 body lengths
- Feet first surface dive
- Survival swimming for 1 minute
- Open turn for front & back crawl
- Tread water for 2 minutes
- Front crawl, 25 yards with rotary breathing
- Breaststroke, 15 yards
- Butterfly, 15 yards & butterfly kick for 3-5 body lengths
- Elementary backstroke, 25 yards
- Back crawl, 15 yards
- Side stroke, 15 yards

EXIT SKILLS ASSESSMENT

- Jump into deep water, swim 25 yards, change direction and swim 25 yards, and then exit.
- Push off in streamlined position, swim front crawl for 25 yards, swim elementary backstroke for 25 yards, and then exit water.

Recommended Next Level:

Instructor:

Date:



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