

# SWIM LESSONS

## Water Safety Tips

- Vigilant adult supervision is key to drowning prevention.
- To find CPR & swim classes visit [CosumnesCSD.gov](https://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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# 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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