



# Swimming and Water Safety News

## Learn-to-Swim Level 1—Introduction to Water Skills

### Welcome to American Red Cross Learn-to-Swim Level 1!

**Congratulations!** You have started your child on a journey to learn how to be safe in, on and around the water and to swim well. American Red Cross Learn-to-Swim is made up of six levels of swimming and water safety instruction.

As participants progress through the levels and develop these skills, they become safer and better swimmers.

#### We're proud to offer you—

- Professional instructors who are well trained by the American Red Cross.
- Learning made fun in a safe environment.
- A balanced program that teaches swimming skills and how to be safe in the water.
- A comprehensive swimming and water safety program for everyone in the family—from infancy to adulthood.

#### What happens in Learn-to-Swim Level 1?

For every level of Learn-to-Swim, our instructors follow a plan to introduce new swimming and water safety skills and build on previously learned skills. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim.

In Level 1—Introduction to Water Skills, your child is introduced to basic skills as the foundation for future skills. Certain milestones are necessary for successful completion of Level 1, including—

- Entering the water independently using ladder, steps or side.
- Traveling at least 5 yards, bobbing 3 times then safely exiting the water.
- Gliding on front supported at least 2 body lengths.
- Rolling to a back float for 3 seconds with support.
- Recovering to a vertical position with support.

It is common for children to participate in several sessions of Level 1 before they successfully demonstrate each skill. That is okay! It is not important how quickly they move through a level, but that they acquire each skill.

### Parent's Corner

#### How can you help?

- Bring a light snack and drink for your child. Kids are often hungry after a lesson.
- Ask the instructor which skills your child should practice, and then make practicing fun at home or your local pool!
- Understand that children develop swimming skills at different rates. Avoid putting pressure on achievement; encourage your child to enjoy swim lessons and take pride in personal success.

#### How can you build on your child's swimming experience?

- Talk about what your child has learned in the lesson to develop safe practices for the home and other aquatic environments such as lakes, rivers and waterparks.
- Encourage your child, when at play, to try the skills he or she is learning in lessons.



**American  
Red Cross**



### How are Learn-to-Swim Level 1 participants evaluated?

Instructors follow a plan that details the skills to be introduced at each level along with performance expectations. Progress of participants is continuously monitored and evaluated and skills are checked off as they are achieved. Once all Level 1 skills are achieved, participants receive a completion certificate and they are ready to move on to Level 2!



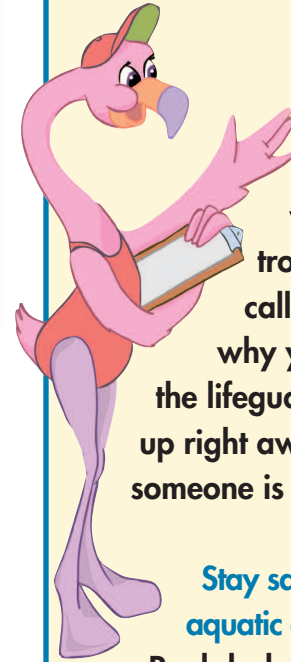
Take some time throughout the session to talk with your child's instructor to find out how your child is doing. Near the end of the session, achievement cards are presented to children who have not completed all skills. The cards indicate which skills have been achieved and which skills need more work.

### Where do swimmers go after Level 1?

Swimmers move through the six levels of the American Red Cross Learn-to-Swim program as they master the skills required at each level. After successfully completing Level 1, children are ready to move on to Level 2—Fundamental Aquatic Skills. Participants in Level 2—

- Learn to float without support.
- Learn to recover to a vertical position.
- Explore various arm and leg actions for swimming on the front and back.
- Learn the foundation for future stroke development.

## Be a Water Smart Family!



**Know how to recognize an emergency.** Sometimes a person who is in trouble cannot call for help, that is why you should tell the lifeguard or a grown up right away if you think someone is in trouble.

**Stay safe around aquatic environments.**

Pool decks are for walking only, no running or other horseplay. They are very slippery and you could fall.

**Know how to call for help.**

Tell the person who answers the phone what happened. Do not hang up. The person who answers the phone might be able to tell you how you can help.

