



Together, we can save a life

Clara R. McKenna Aquatic Center is a Proud Provider of the American Red Cross Aquatics Programs

American Red Cross Parent and Child Aquatics: (6 months – younger 3 year olds)

An adult—it could be a parent, guardian or caregiver—is required to accompany each child in the water and participate in every class. The adult participants learn too! Adults learn how to safely handle their infants or toddlers in and around the water, as well as how to become water smart.

PCA

Provides experiences and activities for children to—

- *Learn to ask for permission before entering the water*
- *Feel comfortable in the water*
- *Explore buoyancy on the front and back position*
- *Learn how to play safely*
- *Establish expectation for adult supervision*
- *Learn more ways to enter and exit the water in a safe manner*
- *Perform combined stroke on front and back with assistance*
- *Experience wearing a U.S. Coast Guard-approved life*
- *Learn how to enter and exit the water in a safe manner*
- *Explore submerging to the mouth, nose, eyes and completely*
- *Change body position in the water*
- *Experience wearing a U.S. Coast Guard-approved life jacket*
- *Glide on the front and back with assistance*
- *Explore submerging in a rhythmic pattern*
- *Change body position in the water*

American Red Cross Preschool Aquatics: (older 3 ½ year olds – 5 year olds)

Preschool Aquatics, our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for young children. Preschool Aquatics puts the “fun” in fundamentals. Each class is loaded with enjoyable, engaging and challenging activities that motivate children to want to perform and learn to swim.

Preschool Level 1—

(3 1/2 - 5 year olds who have never participated in Level 1)

Orients children to the aquatic environment and helps them gain basic aquatic skills.

- *Enter and exit water using ladder, steps or side*
- *Blow bubbles through mouth and nose*
- *Submerge mouth, nose and eyes*
- *Open eyes under water and retrieve submerged objects*
- *Front and back glides and recover to a vertical position*
- *Back float and recover to a vertical position*
- *Roll from front to back and back to front*
- *Tread with arm and hand actions*
- *Alternating and simultaneous leg actions on front and back*
- *Alternating and simultaneous arm actions on front and back*
- *Combined arm and leg actions on front and back*

Preschool Level 2—

(3 1/2 - 5 year olds who have participated in Level 1)

Helps children gain greater independence in their skills and develop more comfort in and around water.

- *Enter water by stepping in*
- *Exit water using ladder, steps or side*
- *Bobbing*
- *Open eyes under water and retrieve submerged objects*
- *Front and back floats and glides*
- *Recover from a front or back float or glide to a vertical position*
- *Roll from front to back and back to front*
- *Tread water using arm and leg actions*
- *Combined arm and leg actions on front and back*
- *Finning arm action on back*

Preschool Level 3—

(3 1/2 - 5 year olds who have successfully completed PS Level 2)

Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

- *Enter water by jumping in*
- *Fully submerge and hold breath*
- *Bobbing*
- *Front, jellyfish and tuck floats*
- *Recover from a front or back float or glide to a vertical position*
- *Back float and glide*
- *Change direction of travel while swimming on front or back*
- *Tread water using arm and leg actions*
- *Combined arm and leg actions on front and back*
- *Finning arm action on back*

American Red Cross Learn-to-Swim: (6 year olds and older)

The American Red Cross offers six comprehensive course levels that teach you, your child or other family members how to swim skillfully and safely. The prerequisite for each level is the successful demonstration of the skills from the preceding level, except for Level 1, which has no prerequisite. Each level of the Learn-to-Swim program includes training in basic water safety and helping a swimmer in distress, in addition to the skills outlined below.

Level 1—Introduction to Water Skills

(6+ year olds who have never participated in Level 1)

Helps participants feel comfortable in the water.

- *Enter and exit water using ladder, steps or side*
- *Blow bubbles through mouth and nose*
- *Bobbing*
- *Open eyes under water and retrieve submerged objects*
- *Front and back glides and floats*
- *Recover to vertical position*
- *Roll from front to back and back to front*
- *Tread water using arm and hand actions*
- *Alternating and simultaneous leg actions on front and back*
- *Alternating and simultaneous arm actions on front and back*
- *Combined arm and leg actions on front and back*

Level 4—Stroke Improvement

Develops confidence in the skills learned and improves other aquatic skills.

- *Headfirst entries from the side in compact and stride positions*
- *Swim under water*
- *Feet first surface dive*
- *Survival swimming*
- *Front crawl and backstroke open turns*
- *Tread water using 2 different kicks*
- *Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly*
- *Flutter and dolphin kicks on back*

Level 2—Fundamental Aquatic Skills

(6+ year olds who have successfully completed Level 1)

Gives participants success with fundamental skills.

- *Enter and exit water by stepping or jumping from the side*
- *Fully submerge and hold breath*
- *Bobbing*
- *Open eyes under water and retrieve submerged objects*
- *Front, jellyfish and tuck floats*
- *Front and back glides and floats*
- *Recover to vertical position*
- *Roll from front to back and back to front*
- *Change direction of travel while swimming on front or back*
- *Tread water using arm and leg actions*
- *Combined arm and leg actions on front and back*

Level 5—Stroke Refinement

Provides further coordination and refinement of strokes.

- *Shallow-angle dive from the side then glide and begin a front stroke*
- *Tuck and pike surface dives, submerge completely*
- *Front flip turn and backstroke flip turn while swimming*
- *Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly*
- *Sculling*

Level 3—Stroke Development

(6+ year olds who have successfully completed Level 2)

Builds on the skills in Level 2 through additional guided practice in deeper water.

- *Enter water by jumping from the side*
- *Headfirst entries from the side in sitting and kneeling positions*
- *Bobbing while moving toward safety*
- *Rotary breathing*
- *Survival float*
- *Back float*
- *Change from vertical to horizontal position on front and back*
- *Tread water*
- *Flutter, scissor, dolphin and breaststroke kicks on front*
- *Front crawl and elementary backstroke*

Level 6—Swimming and Skill Proficiency

Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with “menu” options that focus on preparing participants for more advanced courses, including the Water Safety Instructor, or other aquatic activities, such as competitive swimming or diving.

Options include:

- *Fitness Swimmer*
- *Personal Water Safety*
- *Fundamentals of Diving*

American Red Cross – Lifeguarding: (15 year olds and older)

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.