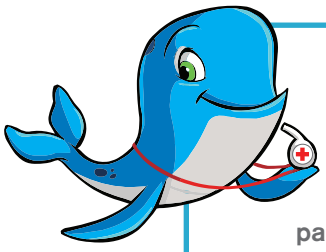
American Red Cross

# SWIMMING AND WATER SAFETY NEWS

## Learn-to-Swim Level 2–Fundamental Aquatic Skills

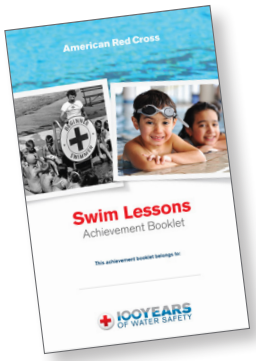


### Welcome to American Red Cross Learn-to-Swim Level 2!

**The American Red Cross Learn-to-Swim is made up of six levels of swimming and water safety instruction. We are thrilled that your child is ready for the fun and challenge of Learn-to-Swim Level 2—Fundamental Aquatic Skills. As participants progress through the levels and develop these aquatic 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, including a focus on lowering the risk of drowning and increasing the chances of drowning survival.
- A comprehensive swimming and water safety program for everyone in the family–from infancy to adulthood including:
  - A free Red Cross Swim mobile application available for download from iTunes, Google Play or Amazon Marketplace app stores.
  - *Swim Lessons Achievement Booklets* to track skill achievement and progression through the levels.
  - Badge system to recognize and reward achievement outside of the levels, motivating participants to strive toward developing specific skills and for recognizing participants for something that they are doing well, especially when they are struggling with a specific skill or set of skills needed to successfully complete the level.




### What happens in Learn-to-Swim Level 2?

Level 2–Fundamental Aquatic Skills builds on skills learned in Level 1. Your child begins to perform skills at a slightly more advanced level and begins gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills.

Our instructors follow a plan to introduce new swimming and water safety skills and build on previously learned skills, including the development of water competency (the basic minimum skills needed for water safety). Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim.

Some of the milestones that are necessary for successful completion of Level 2 include:

- Stepping from the side into chest-deep water.
- Fully submerging and holding breath.
- Pushing off the bottom, moving into a treading or floating position for at least 15 seconds, swimming on front and/or back for 5 body lengths and then exiting the water.
- Moving into a back float for 15 seconds, rolling to front and then recovering to a vertical position.
- Pushing off and swimming using combined arm and leg actions on front for 5 body lengths, rolling to back, floating for 15 seconds, rolling to the front and then continue swimming for 5 body lengths.

### BE A WATER SMART FAMILY!

**Don't just pack it, wear your jacket.** Whenever you go boating, always wear a properly fitting U.S. Coast Guard-approved life jacket. Be sure to put it on before you go out on the dock and do not take it off until you return.

**Know how to call for help.** If a lifeguard or an adult is not nearby, use a phone and call 9-1-1 or the local emergency number.

**Know who the lifeguards are.** Only swim in areas where the lifeguard can see you. Remember, if you can see the lifeguard, then, the lifeguard can see you.

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**Know About Boating**

## How are Level 2 Learn-to-Swim participants evaluated?

Instructors follow a plan that details the skills to be introduced at each level along with performance expectations. Your child's progress and skill achievement are continuously monitored and evaluated. Once all Level 2 skills are achieved and the exit skills assessment is completed, your child receives a completion card and he or she is ready to move on to Level 3!

Take some time throughout the session to talk with your child's instructor to find out how your child is doing. At the end of the session, your instructor will date, sign and provide comments on your child's *Swim Lessons Achievement Booklet.* Once your child has successfully completed all of the requirements for a level, there is another space for the instructor to indicate that your child is ready to enroll in the next level.

## Where do swimmers go after Level 2?

After successfully demonstrating the completion requirements from Level 2, enroll your child in Learn-to-Swim Level 3. In Learn-to-Swim Level 3–Stroke Development, your child will continue to perform skills to work toward water competency and learn the:

- Survival float.
- Front crawl.
- Elementary backstroke.
- Scissors kick.
- Fundamentals of treading water.
- Progressions for headfirst entries from the side of the pool in a sitting position and kneeling position.

# PARENT'S CORNER

## How can you help?

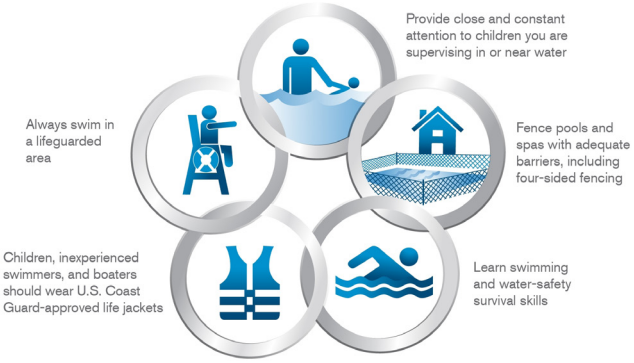
- Support your child by praising his or her effort in the pool.
- Bring a healthy snack and drink for your child for after the lesson to replace fluids and energy.
- Remember that children develop swimming skills at different rates. Many children need to repeat a level multiple times to complete all of the skills. Do not get discouraged; continue to offer praise and encouragement.
- Ask the instructor which skills your child should review, and then make practicing at home or at your local pool fun!

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

- Take your child to public or family swims to develop strength, practice skills, gain confidence and increase his or her comfort level in the water.
- Ask your child to show you a skill learned in swim lessons and incorporate the skill into a game to play in the pool.
- Download the Red Cross Swim mobile application and use it to help encourage your child's progress and knowledge about water safety. Also use the app to share your child's progress and successes.
- Maintain a safety-first attitude and follow the American Red Cross Circle of Drowning Prevention.

### Circle of Drowning Prevention

Layers of protection are essential to help prevent drowning.
Plan ahead for aquatic activities:

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