

American Red Cross Swimming and Water Safety Course Levels and Skills

Jenison High School Aquatics Center

(Adapted directly from the American Red Cross website)

Parent and Child Aquatics

Builds basic water safety skills for both parents and children, helping infants and young children ages 6 months to about 3 years become comfortable in the water so they are willing and ready to learn to swim. These basic skills include adjusting to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breath control, including blowing bubbles or voluntarily submerging under water.

LEVEL 1 *Introduces basic skills to parents and children, including safety topics.*

- Getting wet with toys and kicking
- Enter water by lifting in and walking in
- Out-of-water and in-water exploration
- Exit water by lifting out and walking out
- Blowing bubbles on the surface
- Blowing bubbles with mouth and nose submerged
- Underwater exploration
- Submerging mouth, nose and eyes
- Front and back floats and glides
- Roll from front to back and back to front
- Passing from instructor to parent
- Leg actions on front and back
- The importance of wearing a life jacket
- How to call for help and the importance of knowing first aid and CPR
- Basic water safety rules
- General water safety around the home
- Recreational water illnesses
- Sun safety

LEVEL 2 *Builds on the skills introduced in Level 1, with participants improving these skills and learning more advanced skills.*

- Enter water in a seated position and by rolling over from a seated position and sliding in
- Enter water by stepping in, jumping in and using a ladder or stairs
- Exploring the pool (in shallow water)
- Using the side of the pool and a ladder to exit
- Opening eyes and retrieving objects below the surface
- Opening eyes and retrieving submerged objects
- Front and back floats and glides
- Front glide to the wall
- Roll from front to back and back to front
- Passing between adults
- Drafting with breathing
- Alternating or simultaneous leg actions on front and back
- Alternating or simultaneous arm actions on front and back
- Combined arm and leg actions on front with breathing
- Combined arm and leg actions on back
- Wearing a life jacket in the water
- Reaching assists
- Basic water safety rules review
- Safety at the beach and at the waterpark
- Water toys and their limitations

**Until Jenison has higher enrollment in their parent and child aquatic classes, classes will be a combination of Level 1 and Level 2 based on the ability of the students enrolled.*