



# Swimming and Water Safety News

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

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

**W**e are thrilled that your child is ready for the fun and challenge of Level 2—Fundamental Aquatic Skills. 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 2?

Level 2—Fundamental Aquatic Skills builds on skills learned in Level 1. 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.

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

- Stepping from the side into chest-deep water.
- Moving into a front float for 5 seconds, rolling to back, floating for 5 seconds then recovering to a vertical position.
- Moving into a back float for 5 seconds, rolling to front 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 then continue swimming for 5 body lengths.

#### 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. Progress of participants is continuously monitored and evaluated and skills are checked off as they are achieved. Once all Level 2 skills are achieved, participants receive a completion certificate and they are ready to move on to Level 3!

### 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.
- Understand that children develop swimming skills at different rates. Remember, many children need to repeat a level multiple times to complete all of the skills.
- Ask the instructor which skills your child should review, and then make practicing at home or 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 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.





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 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 learn the—

- Survival float.
- Front crawl.
- Elementary backstroke.
- Scissors and dolphin kicks.
- Fundamentals of treading water.
- Safety rules for headfirst entries.
- Early progressions for entering the water headfirst from the side of the pool.



## Be a Water Smart Family!

Don't just pack it,  
wear your jacket!

Whenever you go boating, wear a life jacket. Put on your life jacket before going out on the dock and do not take it off until you return.



Know how to call for help.

If a lifeguard or a grown up 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. If you can see the lifeguard, then the lifeguard can see you.



**American  
Red Cross**

[www.RedCross.org](http://www.RedCross.org)