



## ROCKY MOUNTAIN COLLEGE

# SWIMMING AND WATER SAFETY NEWS

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

### Welcome to Rocky Mountain College's 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. RMC's 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:

- ⇒ Engaged, fun and knowledgeable instructors.
- ⇒ 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.

### 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 and the development of water competency (the basic minimum skills needed for water safety). Certain milestones are necessary for successful completion of Level 1, including:

- ⇒ Entering the water independently using the ramp, steps or side.
- ⇒ Bobbing with fully submerged head while blowing bubbles out of the nose.
- ⇒ Opening eyes underwater and retrieving submerged objects.
- ⇒ Gliding on front with assistance at least 2 body lengths.
- ⇒ Rolling to a back float for 5 seconds with assistance.

- ⇒ Recovering to a vertical position with assistance.
- ⇒ Combined arm and leg actions on front and back with assistance.
- ⇒ Alternating and simultaneous arm and leg actions on front and back with assistance.
- \* 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.



## 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. Your child's progress and skill achievement are continuously monitored and evaluated. Once all Level 1 skills are achieved and the exit skills assessment is completed, your child receives an evaluation sheet 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. At the end of the session, your instructor will hand out a personalized evaluation sheet. 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 1?

Swimmers move through the six levels of the RMC 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:

- ⇒ Learn to float face-down and on the back independently.
- ⇒ Learn to recover to a vertical position independently.
- ⇒ Further develop simultaneous and alternating arm and leg actions for swimming on the front and back as the foundation for future stroke development and water competency.

### PARENT'S CORNER

#### How can you help?

- ⇒ Always maintain constant supervision of your child and stay within arm's reach of non-swimmers.
- ⇒ 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!
- ⇒ Remember, children develop swimming skills at different rates. Offer praise and encouragement at each lesson. 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
- ⇒ Rocky likes the FREE APP from the American Red Cross: Swim. Use it to help reinforce what your child is learning, and use it to help encourage your child's progress and knowledge about water safety.



### BE A WATER SMART FAMILY!

#### Know how to recognize an emergency!

Emergencies can happen to anyone at any time. Sometimes a person who is in trouble cannot call for help; that is why you should tell the lifeguard or an adult right away if you think someone is in trouble.

#### Stay safe around water!

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

#### Know how to call for help!

When you call 9-1-1 or the local emergency number, 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. Stay on the phone until the person tells you it is all right to hang up.

**DO YOUR PART, BE WATER SMART!!**



ROCKY MOUNTAIN COLLEGE

## SWIMMING AND WATER SAFETY NEWS

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

#### Welcome to Rocky Mountain College's Learn-to-Swim Level 2!

The RMC 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:

- ⇒ Engaged, fun and knowledgeable instructors
- ⇒ 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.

#### 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.
- ⇒ 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.



## How are Learn-to-Swim Level 2 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 an evaluation sheet and they are 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 hand out a personalized evaluation sheet. 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.
- ⇒ Ask the instructor which skills your child should practice, and then make practicing fun at home or your local pool!
- ⇒ Remember, 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

#### 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're a skill learned in the swim lessons and incorporate the skill into a game to play in the pool
- ⇒ Rocky likes the FREE APP from the American Red Cross: Swim. Use it to help reinforce what your child is learning, and use it to help encourage your child's progress and knowledge about water safety.



### 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, the lifeguard can see you.





## ROCKY MOUNTAIN COLLEGE

# SWIMMING AND WATER SAFETY NEWS

## Learn-to-Swim Level 3—Stroke Development

### Welcome to Rocky Mountain College's Learn-to-Swim Level 3!

The RMC Learn-to-Swim is made up of six levels of swimming and water safety instruction. By now your child is starting to gain some substantial swimming and water safety skills. But there is still a long way to go. As participants progress through the levels and develop these skills, they become safer and better swimmers and develop water competency.

### We're proud to offer you:

- ⇒ Engaged, fun and knowledgeable instructors
- ⇒ 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.

### What do participants learn in Learn-to-Swim Level 3?

In Learn-to-Swim Level 3, our instructors follow a plan to introduce new swimming and water safety skills and to build on previously learned skills. Your child learns to swim the front crawl and elementary backstroke at rudimentary levels, is introduced to the scissors and dolphin kicks, learns the survival float and increases the time duration for treading water. Your child also learns the rules for headfirst entries and begins to learn to enter the water headfirst from a seated position at poolside (if the water is 9 feet deep or deeper). Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim and help your child develop water competency.

Some of the milestones in Level 3—Stroke Development include:

- ⇒ Flutter, scissors, breaststroke and dolphin kicks.
- ⇒ Jumping into deep water from the side, recovering to the surface, maintaining position by treading or floating for 1 minute, rotating a full turn and then turning as necessary to orient to the exit point.
- ⇒ Swimming the front crawl and/or elementary backstroke for 25 yards and then exiting the water.
- ⇒ Pushing off in a streamlined position, swimming the front crawl for 15 yards, changing position and direction, swimming the elementary backstroke for 15 yards and then exiting the water.

## BE A WATER SMART FAMILY!

### Reach or throw, don't go!

If a person is in trouble and needs help, do not go into the water. Look around for any object that might be available, such as a foam noodle, kickboard, shirt, belt, stick or towel and use it to extend your reach.

### Swim as a pair near a lifeguard's chair!

No matter how old you are or how strong of a swimmer you are, always swim in a supervised area with a partner near a lifeguard's chair.

### Think twice before going near cold water or ice!

There is no such thing as 100-percent safe ice. Anyone who falls into cold water should remain calm and try to swim to safety if it is possible to do so with only a few strokes.

## How are Learn-to-Swim Level 3 participants evaluated?

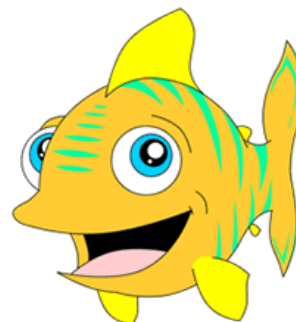
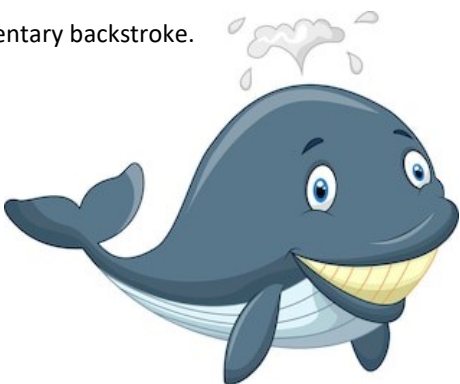
Your child's progress and skill achievement are continuously monitored and evaluated. Once all Level 3 skills are achieved and the exit skills assessment is completed, your child receives an evaluation sheet and they are ready to move on to Level 4!

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 hand out a personalized evaluation sheet. 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 3?

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 light snack for your child. Kids are often hungry and tired after a lesson.
- ⇒ Remember that each child is different and that participants learn swimming skills at different rates.

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

- ⇒ Take your child plenty of opportunity to develop strength, practice skills, gain confidence and increase his or her comfort level in the water by taking him or her to the local aquatic facility.
- ⇒ Rocky likes the FREE APP from the American Red Cross: Swim. Use it to help reinforce what your child is learning, and use it to help encourage your child's progress and knowledge about water safety.

### WATER COMPETENCY: DID YOU KNOW?

Water competency means having the basic, minimum skills needed to be safe and survive in the water. It means more than just knowing how to swim. It also includes the ability to:

- ⇒ Enter the water and submerge completely.
- ⇒ Recover to the surface and stay there for at least 1 minute by treading water or floating.
- ⇒ Turn completely (360 degrees) and orient to the exit.
- ⇒ Level off and propel oneself on the front or back through the water for at least 25 yards.
- ⇒ Exit the water.

Remember, you may be water competent in one type of aquatic environment, for example, a pool. However, this does not mean that you are water competent in another environment, such as a lake or ocean. Each environment is different and more skill is required.





ROCKY MOUNTAIN COLLEGE

## SWIMMING AND WATER SAFETY NEWS

### Learn-to-Swim Level 4—Stroke Improvement

#### Welcome to Rocky Mountain College's Learn-to-Swim Level 4!

We know you are very proud of your child's swimming and water safety accomplishments so far. You are seeing your child perform a variety of skills with every increasing levels of quality and confidence.

#### We're proud to offer you:

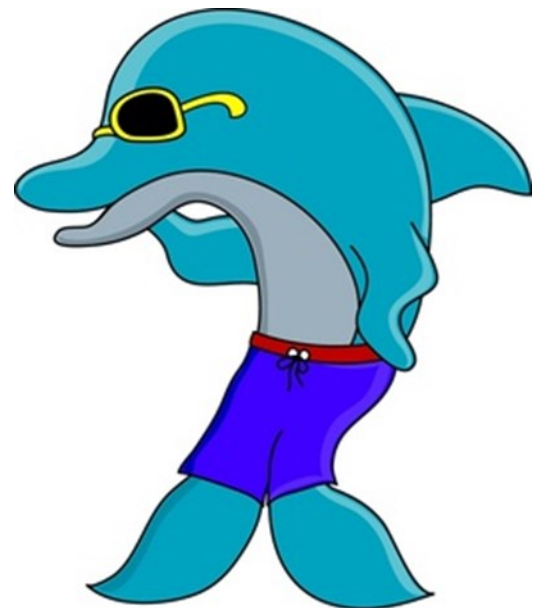
- ⇒ Engaged, fun and knowledgeable instructors
- ⇒ Learning made fun in a safe environment.
- ⇒ A balanced program that teaches swimming skills and how to be safe in the water, including a focus on lowering the risk of drowning and increasing the chances of drowning survival.

#### What do participants learn in Learn-to-Swim Level 4?

In Learn-to-Swim Level 4, our instructors follow a plan to introduce new swimming and water safety skills and to build on previously learned skills, improving the swimming stroke proficiency and swimming for longer distances. 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 in Level 4-Stroke Improvement include:

- ⇒ Swimming the front crawl for 25 yards.
- ⇒ Swimming the elementary backstroke for 25 yards.
- ⇒ Swimming the breaststroke for 15 yards.
- ⇒ Swimming the butterfly for 15 yards.
- ⇒ Swimming the back crawl for 15 yards.
- ⇒ Swimming the sidestroke for 15 yards.
- ⇒ Headfirst entry\* from a stride position (\*only if the water is at least 9-feet deep).
- ⇒ Open turns on the front and back.



## How are Learn-to-Swim Level 4 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 4 skills are achieved and the exit skills assessment is completed, your child receives an evaluation sheet and they are ready to move on to Level 5!

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 hand out a personalized evaluation sheet. 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 4?

By now, participants are able to make good progress in the water, but they are not done yet! Swimmers move through the six levels of RMC's Learn-to-Swim as they master the skills required at each level. After successfully demonstrating the completion requirements from Level 4, enroll swimmers in Learn-to-Swim Level 5.

## In Learn-to-Swim Level 5—Stroke Refinement participants will:

- ⇒ Refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke).
- ⇒ Increase their endurance by swimming familiar strokes for greater distances.
- ⇒ Learn flip turns on the front and back.

### PARENT'S CORNER

#### How can you help?

- ⇒ Praise your child and help him or her be proud of the efforts and accomplishments toward being a safety-conscious and skilled swimmer
- ⇒ Remind your child that people develop swimming skills at different rates. Participants rarely achieve all of the skills and performance requirements in a single session.
- ⇒ Have your child ask the instructor which skills he or she should review then make it possible for your child to practice these skills at a local aquatic facility.
- ⇒ Rocky likes the FREE APP from the American Red Cross: Swim. Use it to help encourage your child's progress and knowledge about water safety as well as share your child's progress and successes. Also have your child watch the stroke performance videos for additional demonstrations of each stroke.

#### How participants improve in between classes?

- ⇒ Make it possible for them to attend public or family swims to develop strength and practice skills.
- ⇒ Think about safe locations for diving. Think "safety first" by entering "feet first, the first time" to ensure there are no water hazards.

### BE A WATER SMART FAMILY!

As your child improves his or her swimming skill and endurance, the opportunities to engage in and enjoy aquatic activities in a variety of settings greatly increases. But every aquatic setting is different and poses specific safety challenges. Being aware of these safety challenges can help you stay safe no matter what aquatic setting you are in.

#### Too much sun is no fun!

Ultraviolet (UV) rays from the sun are invisible, so you need to take steps to protect your skin whenever you go outside, even on cloudy days. Always wear a sunscreen with a SPF of at least 30.

#### Look before you leap!

Remember the rules for headfirst entries. Always check with a lifeguard to see if it is okay to jump in the water. If it is allowed, make sure that you can see what is in front of you and below the water before you enter the water.

#### Wave, tide or ride, follow the guide!

Follow all posted directions and instructions from the lifeguards to get into the correct position before starting down a water slide—face up and feet first in most cases. On speed slides, crossing the legs helps prevent injuries.





ROCKY MOUNTAIN COLLEGE

## SWIMMING AND WATER SAFETY NEWS

### Learn-to-Swim Level 5—Stroke Refinement

#### Welcome to Rocky Mountain College's Learn-to-Swim Level 5!

Congratulations on your commitment to ensuring that you learn to be safe in, on and around the water and to swim well. Through participation in the RMC's Learn-to-Swim program, you are gaining lifelong skills to serve you well for recreation and fitness, as well as safety in a variety of aquatic settings.

#### We're proud to offer you:

- ⇒ Engaged, fun and knowledgeable instructors
- ⇒ 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.

#### What do participants learn in Learn-to-Swim Level 5?

In Learn-to-Swim Level 5, our instructors follow a plan to refine all six swimming strokes including swimming for longer distances, introduce new water safety skills while building on ones previously learned and perform flip turns on the front and back.

The expectations are higher now in regards to distance and quality. Each class is loaded with engaging and challenging activities and drills to build endurance and improve technique.

Some of the milestones in Level 5-Stroke Refinement include:

- ⇒ Performing a shallow-angle dive into water at least 9-feet deep.
- ⇒ Performing a tuck and pike surface dive.
- ⇒ Swimming the front crawl for 50 yards.
- ⇒ Swimming the elementary backstroke for 50 yards.
- ⇒ Swimming the sidestroke for 25 yards.
- ⇒ Swimming the breaststroke for 25 yards.
- ⇒ Swimming the back crawl for 25 yards.

- ⇒ Swimming the butterfly for 25 yards.
- ⇒ Front and back flip turns.



## How are Learn-to-Swim Level 5 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 5 skills are achieved and the exit skills assessment is completed, your child receives an evaluation sheet and they are ready to move on to Level 6!

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 hand out a personalized evaluation sheet. 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 5?

Swimmers move through the six levels of RMC's Learn-to-Swim as they master the skills required at each level. After successfully completing Level 5, you may register for Learn-to-Swim Level 6. Level 6 participants can choose an area of interest, such as Personal Water Safety, Fundamentals of Diving, and Fitness Swimmer.

### In Learn-to-Swim Level 6—Swimming and Skill Proficiency participants will:

- ⇒ Continue to improve the quality and endurance of all six strokes learned throughout the six levels of Learn-to-Swim.
- ⇒ Prepare for more advanced courses, like Lifeguarding and Water Safety Instructor.
- ⇒ Learn some basics of other aquatic activities, such as competitive swimming or diving.

### NEXT STEPS

#### Remember!

- ⇒ If you don't complete a level the first time, or even the second time, it just means there are important skills you need to continue to improve upon and strengthen.
- ⇒ Bring a healthy snack and drink for after the lesson to replace fluids and energy.

#### How can you build on your own swimming experience?

- ⇒ Practice your strokes even when you are not in the water. This can help you work on the proper leg and arm movements and commit them to memory.
- ⇒ Rocky likes the FREE APP from the American Red Cross: Swim. Use it to help encourage your child's progress and knowledge about water safety as well as share your child's progress and successes. Also have your child watch the stroke performance videos for additional demonstrations of each stroke.

### BE A WATER SMART FAMILY!

As you gain increasing skill and endurance with your swimming, you are likely to be swimming in a lot of different aquatic environments. But every aquatic setting is different and poses specific safety challenges. Be aware of the safety challenges and follow the American Red Cross Circle of Drowning Prevention so that you stay safe no matter where you are.

- ⇒ Always swim in a lifeguard area.
- ⇒ Provide close and constant attention to children you are supervising in or near water.
- ⇒ Fence pools and spas with adequate barriers, including four-sided fencing.
- ⇒ Learn swimming and water-safety survival skills.
- ⇒ Children, inexperienced swimmers, and boaters should wear U.S. Coast Guard-approved life jackets.

#### Reach or throw, don't go!

Community pools, recreational areas and many hotel and motel pools have reaching equipment, such as a reaching pole or shepherd's crook, near the water. Use a reaching or throwing assist to help someone in trouble.

#### Think so you don't sink!

If you get caught in a rip current, remember to think so that you don't sink.

#### Think twice before going near cold water or ice!

Floating in place until help arrives is the best way to survive a cold-water emergency in open water or when you are a great distance from the shore



## ROCKY MOUNTAIN COLLEGE

# SWIMMING AND WATER SAFETY NEWS

## Learn-to-Swim Level 6—Fitness Swimmer

### Welcome to Rocky Mountain College's Learn-to-Swim Level 6!

Congratulations on your commitment to learning to be safe in, on and around the water and to swim well. Through participation in the RMC's Learn-to-Swim Level 6 means that you have achieved a significant level of swimming skill. The great news is that now the fun really begins. Level 6 opens the door to a variety of specialized aquatic activities that can lead to whole new sets of aquatic experiences that could last a lifetime!

### We're proud to offer you:

- ⇒ Engaged, fun and knowledgeable instructors
- ⇒ 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.

### What do you learn in Level 6—Fitness Swimmer?

In Learn-to-Swim Level 5, our instructors follow a plan to refine swimming, physical fitness in the water and water safety skills that were taught throughout the levels. The expectations are quite high in regards to distance and quality. Additionally, in Fitness Swimmer, you learn principles of training and how to evaluate your own level of fitness.

Some of the milestones in Level 6-Fitness Swimmer include:

- ⇒ Swimming 500 yards continuously using any 3 strokes of choice, swimming at least 50 yards of each stroke.

- ⇒ Demonstrating turns while swimming.
- ⇒ Demonstrating circle swimming.
- ⇒ Demonstrating various training techniques.
- ⇒ Demonstrating the principles of setting up a fitness program.
- ⇒ Performing the Cooper 12-minute swim test, and comparing results with the pre-assessment results.

### Things to keep in mind:

- ⇒ Your enthusiasm and interest in learning to swim makes you a great candidate for teaching swimming and water safety to others.

- ⇒ To become a Water Safety Instructor, you must:

Be at least 16 years of age.

Demonstrate the swimming skills for front crawl, back crawl, breaststroke, elementary backstroke, side

stroke and butterfly (with Level 4 Stroke Performance Charts).

Maintain position on your back for 1 minute in deep water (floating or sculling).

Tread water for 1 minute.

## How are you evaluated in Level 6-Fitness Swimmer?

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 6 skills are achieved and the exit skills assessment is completed, your child receives an evaluation sheet that indicates that you have completed the top level of RMC's Learn-to-Swim!

Ask your instructor how you are doing. At the end of the session, your instructor will hand out a personalized evaluation sheet.



## NEXT STEPS

**How can you build on your swimming experience!**

Level 6 courses build on endurance and proficiency of all six swimming strokes. Whenever possible, practice continuous swims, using different strokes and turns along the way.

Rocky likes the FREE APP from the American Red Cross: Swim. Use it to help encourage your child's progress and knowledge about water safety as well as share your child's progress and successes. Also have your child watch the stroke performance videos for additional demonstrations of each stroke.

**Where do you go after taking a Level 6 course?**

Swimmers who take a Level 6 course are often preparing for more advanced courses, such as Water Safety Instructor or Lifeguarding. Some participants are preparing to participate in other aquatic activities, such as competitive swimming or diving. Level 6 courses in Learn-to-Swim are customized to meet the objectives of the participants. For instance, this option can help those who want to achieve a higher level of fitness. Because of the variety this level offers, you can repeat it to focus on different goals and activities each time. Ask your instructor about the continuing aquatic activities offered at the facility.

## BE WATER SMART!

Anyone who spends time in, on and around the water should know what to do in the event of an aquatic emergency.

**It is important to know first aid and CPR/AED!**

The American Red Cross recommends that at least one person in every household be trained in lifesaving first aid and CPR/AED skills

**Think so you don't sink!**

For many people, waves are part of what makes swimming at an ocean beach fun. Even at designated beaches, waves can be dangerous.

**Think twice before going near cold water or ice!**

Cold water is dangerous, even if you do not intend to go in. Whenever you are in, on or around cold water, wear a life jacket.

### Chain of Drowning Survival

- ⇒ Recognize the signs of someone in trouble and shout for help.
- ⇒ Rescue and remove the person from the water (without putting yourself in danger).
- ⇒ Call emergency medical services (EMS)
- ⇒ Begin rescue breathing and CPR
- ⇒ Use an AED if available and transfer care to advanced life support.



## American Red Cross

*Get the most out of  
Red Cross swim lessons  
with the Swim App.*

- Track progress and earn badges
- Learn more about water safety

**PLUS** the WHALE Tales section for kids entertains while it educates



Text SWIM to 90999, and we'll send you a link to download the app, or search the iTunes® app store or Google Play™ for American Red Cross.

 **100YEARS**  
OF WATER SAFETY