Swimming and Water Safety News

Learn-to-Swim Level 3—Stroke Development

Welcome to American Red Cross Learn-to-Swim Level 3!

By now your child is starting to gain some substantial swimming and water safety skills. But there is still a long way to go. 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 do participants learn in Learn-to-Swim Level 3?

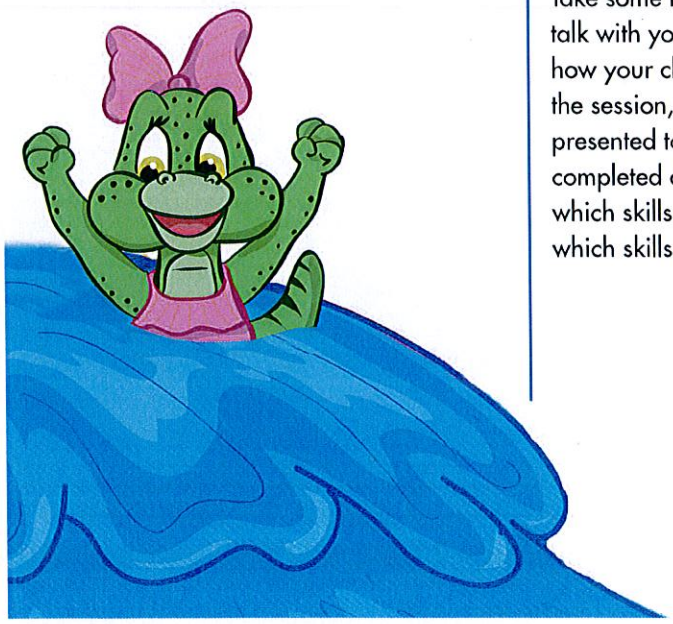
In Learn-to-Swim Level 3, our instructors follow a plan to introduce new swimming and water safety skills and to build on previously learned skills. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim. Some of the milestones in Level 3—Stroke Development include—

- Jumping into deep water from the side.
- Swimming the front crawl for 15 yards.
- Maintaining position by treading or floating for 30 seconds.
- Swimming the elementary backstroke for 15 yards.

How are Level 3 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 3 skills are achieved, participants receive a completion certificate 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. Near the end of the session, achievement cards are presented to those who have not completed all skills. The cards indicate which skills have been achieved and which skills need more work.



Parent's Corner

Your commitment to ensuring that your child learns lifelong swimming and water safety skills is evident. Your continued interest and enthusiasm can make your child's swim lessons a positive and rewarding experience.

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 participants learn swimming skills at different rates.

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

- Give your child plenty of opportunity to develop strength, practice skills and increase his or her comfort level in the water by taking him or her to the local aquatic facility.
- Stay interested in your child's progress. Ask your child to show you a skill learned in swim lessons and incorporate the skill into a game to play in the pool.

American Red Cross

Where do swimmers go after Level 3?

Swimmers move through the six levels of the American Red Cross Learn-to-Swim program as they master the skills required at each level. After successfully completing Level 3, be sure to register your child for Learn-to-Swim Level 4.

In Learn-to-Swim Level 4—Stroke Improvement, participants—

- Increase their endurance by swimming familiar strokes (front crawl, elementary backstroke) for greater distances.
- Build on the scissors kick and dolphin kick by adding arms for sidestroke and butterfly.
- Learn the back crawl.
- Learn the breaststroke.
- Learn the basics of turning at a wall.

Be a Water Smart Family!

Reach or throw, don't go!

If any object is available, use it to extend your reach, such as a foam noodle, kick board, shirt, belt, stick or towel.

Swim with a buddy in a supervised area.

No matter how old you are or how strong of a swimmer you are, always swim with a buddy in a supervised area.

Think twice before going near cold water or ice!

Anyone who falls into cold water should try to swim to safety if it is possible to do so with only a few strokes.

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