Swimming and Water Safety News

Learn-to-Swim Level 4—Stroke Improvement

Welcome to American Red Cross 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 ever-increasing levels of quality and confidence.

American Red Cross Learn-to-Swim is made up of six levels of swim 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 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. 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 back crawl for 15 yards.
- Open turns on the front and back.

How are Level 4 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 4 skills are achieved, participants receive a completion certificate and they are ready to move on to Level 5!

Check in with your child's instructor to find out how he or she 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

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, and then make it possible for your child to practice these skills at a local aquatic facility!

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.

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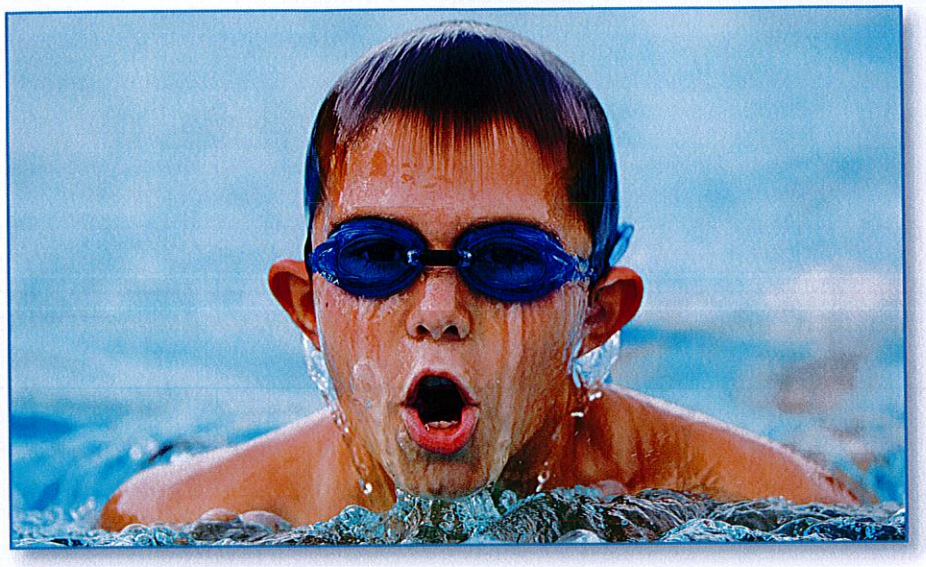

Where do swimmers go after Level 4?

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 Red Cross 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.

Be a Water Smart Family!

Too much sun is no fun!

UV rays are invisible, so you need to take steps to protect your skin whenever you go outside in the sun.

Look before you leap!

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 before you enter the water.

Wave, tide or ride, follow the guide.

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

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