Swimming and Water Safety News

Parent and Child Aquatics Level 2

Welcome to American Red Cross Parent and Child Aquatics Level 2!

Congratulations on choosing a course that will help young children become more comfortable in and around the water so that when the time comes, they are ready to learn how to swim. Parent and Child Aquatics will lay the foundation for future aquatic skills.

This course will also teach parents safety information and techniques to help orient their children to the water. It also provides direction regarding how to supervise water activities in a responsible manner. This program is a bonding experience that will fill instructors, parents and children with wonderful lifelong memories.

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 Parent and Child Aquatics Level 2?

For both levels of Parent and Child Aquatics, our instructors follow a plan to introduce swimming and water safety skills that are developmentally appropriate for infants and toddlers. Routines and the familiar are extremely important to this age group. Each class uses toys, songs, fun and games to keep the children engaged and enjoying the water experience, all-the-while teaching them basic aquatic skills.

Parent and Child Aquatics Level 2 builds upon the skills learned in Level 1. In the Parent and Child Aquatics Level 2 course, great experiences and fun activities will be provided to allow your child to—

- Learn more ways to enter and exit the water safely.
- Submerge in a rhythmic pattern.
- Glide on the front and back with assistance.
- Perform combined stroke on front and back with assistance.
- Change body position in the water.
- Experience wearing a life jacket in the water.

Parent's Corner

Even when you're not in the water, you play an essential role in the Red Cross Parent and Child Aquatics program.

How can you help?

- **Be encouraging to boost your child's confidence as you move from being in the water with them to watching your child take lessons independently.**
- **Understand that children develop swimming skills at different rates.**
- **Bring an extra towel to put on your child after getting out of the water to warm them up quickly.**
- **Make sure the child is calm and happy before entering and leaving the pool.**

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

- **Take your child to public or family swims to increase his or her comfort level and confidence in the water.**

American Red Cross

How are Parent and Child Aquatics Level 2 participants evaluated?

Level 2 of Parent and Child Aquatics is based on participation. There are no skills evaluations here—just lots of positive reinforcement. Your child will be encouraged to participate in all activities.

Near the end of the session, achievement cards are presented to parents of infants and young children who will repeat Level 2. The achievement cards indicate which skills have been achieved and which skills need more work. For children who are ready to move on to the next level, completion certificates will be presented.

Where do you go from here?

Children move through the two levels of American Red Cross Parent and Child Aquatics based on their comfort level with the water. After successfully completing Parent and Child Aquatics, children who are about 4 and 5 years of age are eligible for Preschool Aquatics Level 2.

Participants in Red Cross Preschool Aquatics Level 2 will learn how to—

- Enter the water unassisted.
- Submerge the mouth and blow bubbles for at least 3 seconds.
- Exit the water safely.
- Glide on front and back, each for at least 2 body lengths, with assistance.
- Roll to back and float for 5 seconds.
- Recover to a vertical position.

Be a Water Smart Family!

Practice sun safety!

Have children wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, whenever they are exposed to UV rays.

Follow the "PLEAs" that promote safe and healthy swimming.

Please don't swim when you have diarrhea. Please don't swallow the pool water. Please practice good hygiene.

Be safe at the beach and the waterpark!

Whether it is a community pool, lakefront beach or a waterpark, only allow children to swim in clean, supervised and designated aquatic environments.

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