Welcome to American Red Cross Preschool Aquatics Level 2!

Congratulations! You are continuing your child on this very important journey to learn how to be safe in, on and around the water and to swim well. American Red Cross Preschool Aquatics consists of three levels of progressive swim instruction for children about 4 and 5 years old. Your child has now progressed to the second level.

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, including a focus on lowering the risk of drowning and increasing the chances of drowning survival.
- A comprehensive swimming and water safety program for everyone in the family—from infancy to adulthood including:
  - A free Red Cross Swim mobile application available for download from iTunes, Google Play or Amazon Marketplace app stores.
  - Swim Lessons Achievement Booklets to track skill achievement and progression through the levels.
  - Badge system to recognize and reward achievement outside of the levels, motivating participants to strive toward developing specific skills and for recognizing participants for something that they are doing well, especially when they are struggling with a specific skill or set of skills needed to successfully complete the level.

What happens in Preschool Aquatics Level 2?

In Preschool Aquatics Level 2, our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for young children. Preschool Aquatics puts the “fun” in fundamentals. Each class is loaded with enjoyable, engaging and challenging activities that motivate children to want to perform and learn to swim.

BE A WATER SMART FAMILY!

Know how to call for help. When you recognize an emergency, stay calm and call or have someone else call 9-1-1 or the local emergency number. Act quickly because every second counts.

Don’t just pack it, wear your jacket. A life jacket helps you stay afloat if you fall into the water. Always use a U.S. Coast Guard-approved life jacket and make sure that it fits properly. It should feel comfortable but snug.

Stay safe around water. Every swimming area has rules that are often posted on signs. Be sure to follow all the rules. If you do not know the rules or don’t understand the signs, ask your parents or the lifeguards to explain them to you.

This level continues laying the foundation for developing water competency and further skill development. Preschool Aquatics Level 2 marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain greater proficiency in preparation for performing strokes.
All Preschool Aquatics Level 2 skills can be performed with assistance.

Where do you go from here?
Children move through the three levels of the American Red Cross Preschool Aquatics based on their mastery of the skills required at each level. After successfully demonstrating the completion requirements from Preschool Aquatics Level 2, children are eligible for either Preschool Aquatics Level 3 or the American Red Cross Learn-to-Swim Level 2. Developmental readiness, maturity level and age help determine which course is more appropriate for your child.

In Preschool Aquatics Level 3, your child will:
• Build on the skills in Level 2 by receiving additional guided practice and be able to demonstrate Level 3 skills independently.
• Coordinate combined simultaneous arm and leg actions and alternating arm and leg actions.
• Learn additional safety skills.