



It All Begins With Learn-to-Swim

The American Red Cross Swimming and Water Safety Program teaches people of different ages and abilities how to be safe in, on or around the water—including how to swim.

A Full Program to Meet Community Needs

Instructor and Instructor Trainer Certification Courses

Basic Swim Instructor

Water Safety Instructor

Water Safety Instructor Trainer

Swim Lesson Programs

Parent and Child Aquatics

Preschool Aquatics

Learn-to-Swim (six levels:

Introduction to Water Skills,

Fundamental Aquatic Skills,

Stroke Development, Stroke

Improvement, Stroke

Refinement, Proficiency)

Adult Swim (*Learning the Basics,*

Improving Skills and Swimming

Strokes, Swimming for Fitness)

Certification Courses

Basic Water Rescue

Safety Training for Swim Coaches

Water Safety Programs

Longfellow's WHALE Tales

Water safety courses

(*Water Safety Today,*
Personal Water Safety)

Water safety presentations

(*general water safety, home pool safety, parent orientation to swim lessons, sun safety, rip current safety)*

Online Only and Mobile Options

American Red Cross Swim app

Becoming a Water Safety Ambassador

Home Pool Essentials: Maintenance and Safety

Orientation to Swim Lessons for Parents and Caregivers

Seguridad en el Agua para Padres y Cuidadores

Features

- Science- and evidence-based course content
- Structured in a logical progression for aquatic skills development from beginner to advanced
- Multiple learning options: Instructor-led (100% in-person); blended learning (online + in-person); online only; open or private swim lessons
- Ability to post your Learn-to-Swim courses on the Red Cross website using Class Posting Service
- Online toolkit with resources to engage communities in water safety education



**The Red Cross advantage:
the gold standard
in aquatics.**

High-quality, convenient,
and affordable courses

Full portfolio of courses and products

Scientific, evidenced-based content

Easy-to-administer formats
and delivery

Ready to learn more?

redcross.org/Swimming
redcross.org/TeachWaterSafety
redcross.org/WaterSafety





DROWNING IS PREVENTABLE

Through the Safety Around Water program, the Y helps prevent drowning.

Two children die every day as a result of drowning. Drowning is the leading cause of death for children ages 1 to 4. It is the second leading cause of death for children ages 5 to 14. As an organization dedicated to creating safe spaces for all, the Y has an opportunity to make a difference.

Research has shown that participation in formal swimming instruction can prevent drowning. The Y is the nation's leading provider of community-based swim lessons. With more than 1 million children receiving swim instruction annually, and with more than 2,600 locations in 10,000 communities, the Y is one of the few organizations in the country positioned to bridge the gap between the delivery of swim lessons and water safety education in the United States. We help kids, adults, and families learn to be safe in and around water.



The program builds upon individual skills to create two core skill sequences to help children be safe in and around water:

Swim, float, swim. In this skill sequence, children swim a short distance on their front, turn to their back to float, then turn to their front to continue swimming, if they are able. Children may choose to stay in a back float. Rolling onto their back periodically allows them to rest and breathe. The sequence helps children stay afloat until someone arrives to help them or they are able to get to safety using the combined skills.

Jump, push, turn, grab. In this skill sequence, a child jumps into the water, pushes off the bottom, turns around to face the wall, grabs the wall, and safely exits the pool. The sequence simulates the experience children have if they are submerged in water unexpectedly. After learning the sequence, children have the skills to get back to the side of the pool or to safety.

DID YOU KNOW?

88% of children who drown do so under adult supervision.