



Parent and Child Aquatics

COURSE FACT SHEET

Course	Purpose	Prerequisites
Parent and Child Aquatics Level 1	<ul style="list-style-type: none"> Familiarize children between the ages of 6 months and approximately 3 years with the water and teach swimming readiness skills Provide safety information for parents and teach techniques parents can use to orient their children to the water 	<ul style="list-style-type: none"> No skill prerequisites Child must be at least 6 months old Parent must accompany child to each class
Parent and Child Aquatics Level 2	<ul style="list-style-type: none"> Improve skills learned in Parent and Child Aquatics Level 1 and teach more advanced skills Continue to build on water safety knowledge 	<ul style="list-style-type: none"> Comfort level with skills taught in Parent and Child Aquatics Level 1 Parent must accompany child to each class
Learning Objectives		
<ul style="list-style-type: none"> See Parent and Child Aquatics Skills Chart 		
Length		
<ul style="list-style-type: none"> No minimum number of hours suggested 		
Instructor		
<ul style="list-style-type: none"> Currently authorized Water Safety (r. 14) instructor 		
Course Completion Requirements		
<ul style="list-style-type: none"> Participation 		
Course Completion Cards Issued and Validity Period		
<ul style="list-style-type: none"> Parent and Child Aquatics—No validity period 		
Participant Materials		
<ul style="list-style-type: none"> American Red Cross Swim app 		

The completion goals for Parent and Child Aquatics:

- Holding and support techniques—demonstrated by the parent
- Aquatic skills—in Level 1, the child explores with support and in Level 2, the child demonstrates with support or assistance unless otherwise noted
- Water safety topics—the parents discuss to show understanding unless otherwise noted

SKILLS CHART

Parent and Child Aquatics Level 1	Parent and Child Aquatics Level 2
Holding and Support Techniques	
<ul style="list-style-type: none"> • Face-to-face positions <ul style="list-style-type: none"> ○ Hug position ○ Chin support ○ Shoulder support on front • Back-to-chest position <ul style="list-style-type: none"> ○ Cuddle • Side-to-side position <ul style="list-style-type: none"> ○ Hip straddle ○ Shoulder support on side 	<p>Holding and Support Techniques</p> <ul style="list-style-type: none"> • Face-to-face position <ul style="list-style-type: none"> ○ Hip support on front • Back-to-chest positions <ul style="list-style-type: none"> ○ Hip support on back ○ Back support ○ Arm stroke
Working with the Child	
Skill: Cueing	
Water Adjustment, Entry and Exit	
<ul style="list-style-type: none"> • Getting wet <ul style="list-style-type: none"> ○ Getting wet with toys ○ Getting wet kicking • Water entry <ul style="list-style-type: none"> ○ Lifting in ○ Walking in • Exploring the pool <ul style="list-style-type: none"> ○ Out-of-water exploration ○ In-water exploration • Water exit <ul style="list-style-type: none"> ○ Lifting out ○ Walking out ○ Using a ladder 	<ul style="list-style-type: none"> • Water entry <ul style="list-style-type: none"> ○ Seated position ○ Seated position—rolling over and sliding in ○ Stepping or jumping in ○ Using steps or a ramp—independently • Exploring the pool <ul style="list-style-type: none"> ○ In-water exploration—independently, in shallow water • Water exit <ul style="list-style-type: none"> ○ Using side of pool—independently ○ Using steps or ramp—independently ○ Using a ladder—independently

Parent and Child Aquatics Level 1	Parent and Child Aquatics Level 2
Breath Control	
<ul style="list-style-type: none"> • Blow bubbles on the surface • Blow bubbles with mouth and nose submerged • Underwater exploration • Submerge mouth, nose and eyes 	<ul style="list-style-type: none"> • Underwater exploration—in shallow water <ul style="list-style-type: none"> ○ Open eyes and retrieve objects below the surface ○ Open eyes and retrieve submerged objects ○ Bobbing—explore, independently
Buoyancy on Front	
<ul style="list-style-type: none"> • Front glide 	<ul style="list-style-type: none"> • Front glide • Front glide to the wall • Front float
Buoyancy on Back	
<ul style="list-style-type: none"> • Back glide • Back float 	<ul style="list-style-type: none"> • Back glide • Back float
Changing Direction	
<ul style="list-style-type: none"> • Roll from front to back • Roll from back to front 	<ul style="list-style-type: none"> • Roll from front to back • Roll from back to front
Swim on Front	
<ul style="list-style-type: none"> • Passing from instructor to parent • Leg action 	<ul style="list-style-type: none"> • Passing from instructor to parent • Drafting with breathing • Leg action—alternating or simultaneous movements • Arm action—alternating or simultaneous movements • Combined arm and leg actions on front with breathing—explore, with assistance
Swim on Back	
<ul style="list-style-type: none"> • Leg action 	<ul style="list-style-type: none"> • Leg action—alternating or simultaneous movements • Arm action—alternating or simultaneous movements • Combined arm and leg actions on back—explore
Water Safety	
<ul style="list-style-type: none"> • The importance of wearing a life jacket • How to call for help and the importance of knowing first aid and CPR • Basic water safety rules • General water safety around the home • Recreational water illnesses • Sun safety 	<ul style="list-style-type: none"> • Wearing a life jacket in the water—child demonstrates • Reaching assists—parent demonstrates • Basic water safety rules review • Safety at the beach and at the waterpark • Water toys and their limitations