



# Parent and Child Aquatics

## COURSE FACT SHEET

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

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

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