

# Course: Parent and Child Aquatics Level 2

**Purpose**

To familiarize young children (from ages 6 months to about 3 years) to the water and prepare them to learn to swim in the American Red Cross Preschool Aquatics or Learn-to-Swim courses. It is not designed to teach children to become good swimmers or to survive in the water on their own.

**Prerequisites**

- No skill prerequisites
- Child must be at least 6 months old to enroll
- Parent or other caregiver must accompany each child into the water and participate in each class

**Learning Objectives**

- Learn to expect adult supervision when near water.
- Learn more ways to enter and exit the water in a safe manner.
- Explore submerging in a rhythmic pattern completely.
- Glide on the front and back with assistance.
- Perform combined stroke on front and back with assistance.
- Change body position in the water.
- Learn about the importance of wearing a life jacket and experience wearing one.
- Learn how to stay safe in and around various aquatic environments.
- Learn how to recognize an emergency, call for help and perform simple nonswimming assists.
- Learn steps to take to avoid overexposure to direct sunlight.
- Learn to look carefully before entering the water.
- Learn what to think about and do when exhausted or caught in a dangerous situation.

**Length**

No minimum number of hours suggested

**Instructor**

Currently authorized Water Safety (r.09) instructor

**Certification Requirements**

Participation

**Certificate Issued and Validity Period**

Parent and Child Aquatics – No validity period

**Participant Materials**

None