

The newly updated American Red Cross Swimming and Water Safety program combines the best in swim instruction with an even stronger emphasis on drowning prevention and water safety. Courses are available for a variety of ages and skill levels to encourage a healthy, lifelong recreational habit and to help keep your family safe.

Join the millions of people each year who choose the American Red Cross for swimming and water safety training. You'll be glad you did!



Children and Pre-Teens

See Page 2
for Details

Swim Classes

Red Cross swim classes are designed to help swimmers of varying ages and abilities develop their water safety, survival and swim skills. Courses are age-appropriate and fun, helping participants stay motivated and achieve success on a regular basis. As children progress through the levels, they increase their comfort level in and around the water.

- Parent and Child Aquatics (ages 6 months to about 3 years)
- Preschool Aquatics (about ages 4 to 5 years)
- Learn-to-Swim (about 6 years and up)

GuardStart: Lifeguarding Tomorrow (ages 11–14)

Learn what it takes to be a great lifeguard—from lifesaving and leadership skills to fitness and professional development. The experience you gain through the GuardStart program will help you prepare for Red Cross lifeguard training.

Teens and Adults

See Page 3
for Details

Learn-to-Swim (about 6 years through adults)

Did you know that swim classes aren't just for kids? Red Cross Learn-to-Swim features six progressive levels for swimmers of all ages and varying abilities. Plus, level 6 has "menu" options for advanced swimmers, including Personal Water Safety, Fundamentals of Diving and Fitness Swimmer.

Water Safety Instructor (ages 16+)

Learn to teach children and adults water safety, survival and swimming skills, and give community water safety presentations. It's a fun job that will help you develop teaching and leadership skills. Course length: 30.5 hours.

Lifeguarding (ages 15+)

Looking for a great summer job or challenging career that's in demand? Take a Red Cross Lifeguarding course and become certified to work at pools, waterparks and waterfront locations anywhere in the U.S. Lifeguarding course offerings vary by facility. Course length: 31 to 37 hours.

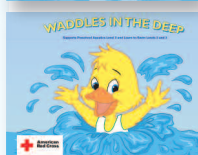
To enroll in a swimming and water safety course near you, contact your local American Red Cross chapter for a list of participating aquatic facilities. To find a chapter near you, use the zip code search feature on the home page of www.RedCross.org.



Raffy Learns to Swim

Stock No. 651317, \$1.99

Supports Preschool Aquatics Levels 1–2 and Learn-to-Swim Level 1



Waddles in the Deep

Stock No. 651318, \$1.99

Supports Preschool Aquatics Level 3 and Learn-to-Swim Levels 2–3

These affordable 16-page booklets help children prepare for swim lessons. They also help parents set expectations for lessons and work with their children to practice skills outside of class.

Swimming and Water Safety Manual

Stock No. 651314, \$25.95

Swimming and Diving Skills DVD

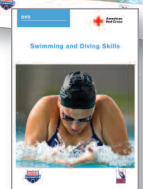
Stock No. 651316, \$94.95

These great resources help swim enthusiasts refine their skills, including six strokes (front crawl, elementary backstroke, breaststroke, back crawl, sidestroke and butterfly), starts and turns for leisure and competitive swimming and basic diving skills.

Water Safety Handbook

Stock No. 651306, \$4.50

Make water safety a priority for your family with this great handbook that includes safety tips for pools, spas, waterparks, lakes, rivers, oceans and more.



Order Now

Contact your local American Red Cross chapter or shop online at www.ShopStayWell.com.