American Red Cross
Training Services

SWIMMING AND WATER SAFETY



It All Begins With Swim Lessons

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

A Full Program to Meet Community Needs

Instructor and Instructor Trainer Certification Courses

Assistant Swim Instructor

Water Safety Instructor

Water Safety Instructor Trainer

Certification Courses

Water Safety Training for Non-Aquatics Staff

Personal Water Safety for Teens and Adults

Safety Training for Swim Coaches

Swim Lesson Programs

Parent and Child Aquatics Readiness

Preschool Swim

Youth Swim

Adult Swim

Free Online Learning

Becoming a Water Safety Ambassador

Orientation to Swim Lessons for Parents and Caregivers

Water Safety for Parents and Caregivers (available in Spanish)

Water Safety Programs

Longfellow's WHALE Tales Water Safety for Children (available in Spanish)

Water Watcher

Water Competency

Life Jackets

Layers of Protection

Water Safety in Natural Environments

Water Safety in and Around the Home

Water Safety Skills

Water Safety for Non-Lifeguarded Pools

Top 10 Things to Know About Water Safety

Water Safety Myth Busters

Orientation to Swim Lessons for Adult Students

Swim Lessons: Supporting Your Child's Learning

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 Swim Lessons 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

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

100+YEARS OF WATER SAFETY

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