



## It All Begins With Learn-to-Swim

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

### A Full Program to Meet Community Needs

#### Instructor and Instructor Trainer Certification Courses

- Basic Swim Instructor
- Water Safety Instructor
- Water Safety Instructor Trainer

#### Swim Lesson Programs

- Parent and Child Aquatics
- Preschool Aquatics

Learn-to-Swim (*six levels: Introduction to Water Skills, Fundamental Aquatic Skills, Stroke Development, Stroke Improvement, Stroke Refinement, Proficiency*)

Adult Swim (*Learning the Basics, Improving Skills and Swimming Strokes, Swimming for Fitness*)

#### Certification Courses

- Basic Water Rescue
- Safety Training for Swim Coaches

#### 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 Learn-to-Swim courses on the Red Cross website using Class Posting Service
- Online toolkit with resources to engage communities in water safety education

#### Water Safety Programs

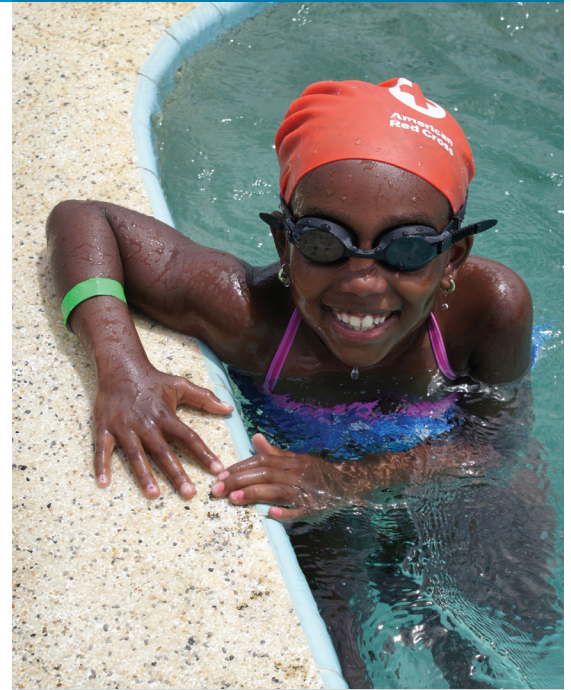
Longfellow's WHALE Tales

Water safety courses (*Water Safety Today, Personal Water Safety*)

Water safety presentations (*general water safety, home pool safety, parent orientation to swim lessons, sun safety, rip current safety*)

#### Online Only and Mobile Options

- American Red Cross Swim app
- Becoming a Water Safety Ambassador
- Home Pool Essentials: Maintenance and Safety
- Orientation to Swim Lessons for Parents and Caregivers
- Seguridad en el Agua para Padres y Cuidadores



**Confidence in water, for life**

Ready to learn more?  
[redcross.org/Swimming](https://redcross.org/Swimming)  
[redcross.org/TeachWaterSafety](https://redcross.org/TeachWaterSafety)  
[redcross.org/WaterSafety](https://redcross.org/WaterSafety)

