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

**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

**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

Ready to learn more?
redcross.org/Swimming
redcross.org/TeachWaterSafety
redcross.org/WaterSafety