

# Aquatics Programs

Northern Lights YMCA

Delta Center



## Table of Contents...

### American Red Cross Health and Safety Courses

Key and Definitions.....	2
First Aid/CPR/AED.....	4
Lifeguarding.....	8
Babysitting.....	12
Swim Instructor.....	13
CPR for Professional Rescuers.....	14
Basic Life Support.....	14
Water Safety.....	15
Wilderness/Remote First Aid.....	18
Other.....	18

### American Red Cross Learn to Swim Program

Parent and Child Aquatics.....	19
Preschool Aquatics.....	21
Learn to Swim.....	24
Adult Swim.....	30
Private Lessons.....	32







### Water Exercise Classes.....33

Twinges in the Hinges  
Aqua Zumba  
Water Jogging  
Aqua Aerobics  
Aqua Adaptive

### Swim Team.....34

# American Red Cross Health and Safety Courses

## Definitions and Keys

Onsite	
Off site	
In-person	
Online only	
Blended (in-person and online)	
Review	
Challenge	

**Onsite:** Training available at our YMCA Delta Location.

**Offsite:** Training held off of YMCA property.

**In-person:** Course is available fully in-person without online components.

**Online only:** Course is available fully online without in-person class time.

**Blended:** Blended courses have both an online component and in-person class time.

**Review Course:** The purpose of a review course is to give individuals the opportunity to review the course content within a formal class setting. To be eligible to participate in a review course, the participant must possess a current American Red Cross certificate (or equivalent) for the course being conducted. Those without a certificate may not participate in the review course option.

**Challenge:** The purpose of a challenge course is to provide individuals the opportunity to demonstrate knowledge and skill competency outside of a formal class setting. Participants have sole responsibility to prepare for the knowledge and skills evaluations. Anyone is eligible to participate in a challenge. Individuals who do not possess current American Red Cross certificate(s) (or equivalent) may participate in the challenge option one time. If they do not pass the challenge, they should be referred to take a full course. They are not permitted to attempt the

challenge again. Individuals who hold current American Red Cross certificate(s) (or equivalent) may challenge as often as the courses are available and their certificate(s) remain valid.

**How you can distinguish between an infant and a child for the purposes of CPR/AED:**

- An infant is defined as someone under the age of 1.
- A child is defined as someone from the age of 1 to the onset of puberty as evidenced by breast development in girls and underarm hair development in boys (usually around the age of 12).
- An adolescent is defined as someone from the onset of puberty through adulthood. When giving care, follow adult techniques and use appropriately sized equipment.

\*Pediatric course options cover both infants and children.

## **First Aid/CPR/AED**

The American Red Cross First Aid/CPR/AED program provides participants with the knowledge and skills they need to recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach participants the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed. This program offers a choice of first aid, CPR and AED courses to meet the various training needs of a diverse audience.

### **Adult CPR Learning Objectives** ●●●●●●●●

- Explain how to use personal protective equipment to lower the risk for infection.
- Demonstrate proper technique for removing disposable gloves.
- Recognize life-threatening conditions and situations that necessitate calling 9-1-1 or the designated emergency number.
- Have the confidence and knowledge needed to make the decision to take action in an emergency situation.
- Describe the emergency action steps, CHECK—CALL—CARE
- Demonstrate how to perform high-quality CPR.
- Explain what to do if the chest does not rise with breaths.
- Understand the importance of CPR with breaths—and if unable or unwilling, the role of compression-only CPR.

#### **Prerequisites**

None

### **Pediatric CPR Learning Objectives** ●●●●●●●●

- Describe the key differences in the emergency action steps, CHECK—CALL—CARE when caring for children and infants versus adults.
- Demonstrate how to perform high-quality CPR for children and infants.
- Recognize when a responsive child or infant is choking.
- Demonstrate how to care for a child or infant who is responsive and choking.
- Describe how to care for a child or infant who becomes unresponsive.

#### **Prerequisites**

None

### **Adult AED Learning Objectives** ●●●●●●●●

- Understand the value of using an AED along with CPR.
- Identify precautions to take when using an AED.
- Demonstrate how to use an AED [CPR/AED course].

#### **Prerequisites**

None

## **Pediatric AED Learning Objectives** ●●●●●●●

- Demonstrate how to use an AED for children and infants

### **Prerequisites**

None

## **Adult First Aid Learning Objectives** ●●●●●●●

- Recognize a sudden illness.
- Describe general care for common sudden illnesses.
- Describe how to assist a person with medication.
- Recognize life-threatening bleeding.
- Demonstrate how to control life-threatening bleeding using direct pressure and apply a bandage when the bleeding stops.
- Explain how to control life-threatening bleeding using a manufactured tourniquet.
- Recognize and respond to common injuries, including burns and head, neck and spinal injuries.
- Recognize and respond to environmental injuries, including heat stroke, hypothermia and poison exposure.

### **Prerequisites**

None

## **Pediatric First Aid Learning Objections** ●●●●●●●

- Describe the sudden illnesses that are especially common in children and in infants and explain how to give care.
- Describe pediatric considerations for life-threatening bleeding.
- Explain how to use a pediatric tourniquet to control life-threatening bleeding in young children

### **Prerequisites**

None

## **Head, Neck, Muscle, Bone, Joint Injuries and Splinting Learning Objectives** ●●●

- Describe head, neck and spinal injuries.
- Describe strains, sprains, dislocations and fractures.
- Apply the emergency action steps to a muscle, bone or joint injury.
- Give care for a muscle, bone or joint injury by applying a rigid splint and a sling and binder.
- Demonstrate how to apply a rigid splint to a leg.
- Demonstrate how to apply a sling and binder.

### **Prerequisites**

Participants must be certified in First Aid and/or CPR or enrolled in an equivalent Red Cross course to take this skill boost.

## **Life-Threatening Bleeding and Tourniquet Application Learning**

### **Objectives** ●●●

- Recognize life-threatening bleeding.
- Demonstrate how to control life-threatening bleeding using direct pressure.
- Demonstrate how to control life-threatening bleeding using a manufactured tourniquet.
- Demonstrate how to control life-threatening bleeding with wound packing.

### **Prerequisites**

Participants must be certified in First Aid and/or CPR or enrolled in an equivalent Red Cross course to take this skill boost.

## **Opioid Overdose and Naloxone Administration Learning Objectives**



- Describe an opioid overdose.
- Apply the emergency action steps to an opioid overdose.
- Demonstrate how to administer naloxone using a nasal spray or nasal atomizer

### **Prerequisites**

Participants must be certified in First Aid and/or CPR or enrolled in an equivalent Red Cross course to take this skill boost.

## **Anaphylaxis and Epinephrine AutoInjector Administration Learning**

### **Objectives** ●●●●

- Describe anaphylaxis.
- Differentiate between an allergic reaction and anaphylaxis.
- Apply the emergency action steps to an anaphylaxis emergency.
- Demonstrate how to administer an epinephrine auto-injector

### **Prerequisites**

Participants must be certified in First Aid and/or CPR or enrolled in an equivalent Red Cross course to take this skill boost.

## **Asthma and Quick-Relief Medication Administration Learning**

### **Objective** ●●●

- Describe asthma and an asthma attack.
- Understand general care for asthma.
- Apply the emergency action steps to an asthma attack.
- Administer quick-relief medication using an inhaler with a spacer

### **Prerequisites**

Participants must be certified in First Aid and/or CPR or enrolled in an equivalent Red Cross course to take this skill boost.

## **Bloodborne Pathogens** ●●●●

The primary purpose of the American Red Cross Bloodborne Pathogens Training course is to teach participants how to protect themselves and others from exposure to bloodborne pathogens on the job, and what to do if an exposure occurs. The course content and activities will prepare participants to make appropriate decisions about preventing bloodborne pathogen disease transmission.

### **Prerequisites**

None

## **Until Help Arrives** ●

The Until Help Arrives online course provides the general public with the basic cognitive information on key actions that can be taken during a life-threatening emergency that can help sustain or save a life until EMS arrives including: Compression Only CPR (no breaths) AED Education Choking Education Bleeding (administering direct pressure and tourniquet) and Opioid Overdose (administering naloxone). The Until Help Arrives online course developed by the American Red Cross and American College of Emergency Physicians equips students with the basic knowledge to assist trained responders during a life-threatening emergency.

### **Prerequisites**

None



# **Lifeguarding**

## **Lifeguard Management** ●

The American Red Cross Lifeguard Management online course is designed to prepare aquatic professionals to effectively manage lifeguards and help keep patrons, staff and facilities safe.

### **Prerequisites**

None

## **Lifeguarding** ●●●●●

The primary purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

### **Prerequisites**

- Be at least 15 years old on or before the final scheduled session of the course.
- Swim 300 yards, continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
- Tread water for 2 minutes, using only the legs. Candidates should place their hands under the armpits.
- Complete a timed event within 1 minute, 40 seconds:
  - Starting in the water, swim 20 yards. Swim goggles are not allowed.
  - Surface dive, feet-first or headfirst, to a depth of 7 to 10 feet to retrieve a 10-pound object.
  - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath.
  - Exit the water without using a ladder or steps.

## **Aquatic Attraction Lifeguarding** ●●●●●

The purpose of the Aquatic Attraction Lifeguarding (Water ≤ 3') course is to provide entry-level aquatic attraction lifeguard participants with the knowledge and skills needed to prevent, recognize and respond to aquatic emergencies in water depths of 3 feet or less (typically at aquatic attractions such as winding rivers, water slides and water play areas) and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

### **Prerequisites**

- Be 15 years old on or before the final scheduled session of the course.
- Complete the water competency sequence without stopping.
  - Step into water from the side and totally submerge.

- Maintain position for one minute by treading water or floating (or a combination of the two).
  - Rotate one full turn and orient to the exit.
  - Level off and swim on the front or back 25 yards.
  - Exit without using a ladder or steps.
- Complete a timed event within 50 seconds without stopping.
  - Starting in the water, walk or swim 20 yards.
  - Submerge to a depth of 3 feet to retrieve a 10 pound object.
  - Return to the surface and walk or swim 20 yards on the back to return to the starting point with both hands holding the object at the surface of the water.
  - Exit the water without using steps or a ladder.

## **Shallow Water Lifeguarding** ●●●●●

The purpose of the Shallow Water Lifeguarding course is to provide entry-level shallow water lifeguard participants with the knowledge and skills needed to prevent, recognize and respond to aquatic emergencies in shallow water up to 5-feet deep and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over.

### **Prerequisites**

- Be 15 years old on or before the final scheduled session of the course.
- Swim 100 yards continuously demonstrating breath control and rhythmic breathing. You may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
- Tread water for 2 minutes, using only the legs. Candidates should place their hands under the armpits.
- Complete a timed event within 50 seconds:
  - Starting in the water, swim 20 yards using the front crawl or breaststroke. Your face may be in or out of the water. Swim goggles are not allowed.
  - Submerge to a depth of 4 to 5 feet to retrieve a 10-pound object. Return to the surface and walk or swim 20 yards to return to the starting point with both hands holding the object at the surface of the water.
  - Exit the water without using a ladder or steps.

## **Junior Lifeguarding** ●●●

American Red Cross Junior Lifeguarding is designed to guide youth to the American Red Cross Lifeguarding course by building a foundation of knowledge, attitudes and skills for future lifeguards. Participants are not required to master or perfectly execute skills. They should learn techniques and build stamina during this program. The Junior Lifeguarding course does not certify participants in first aid, CPR or AED or as a lifeguard.

### **Prerequisites**

- Junior Lifeguarding is designed for youths 11 years of age, or those who have completed the 5th grade through 14 years of age.
- Swim the front crawl for 25 yards continuously while breathing to the front or side.
- Swim the breaststroke for 25 yards using a pull, breathe, kick and glide sequence.

- Complete the water competency sequence without stopping.
  - Step into water from the side and totally submerge.
  - Maintain position for one minute by treading water or floating (or a combination of the two).
  - Rotate one full turn and orient to the exit.
  - Level off and swim on the front or back 25 yards.
  - Exit without using a ladder or steps.

## **Lifeguard Instructor** ●●●

The purpose of the American Red Cross Lifeguarding Instructor course is to train instructor candidates to teach the basic-level American Red Cross Lifeguarding course.

### **Prerequisites**

- Be at least 17 years old on or before the final scheduled session of the course.
- Possess a current basic-level certification in Lifeguarding/First Aid/CPR/AED.
- Successfully complete the online Introduction to the Lifeguarding Instructor Course prior to the pre course skills session via the class roster and online content completion status report.
- Perform applicable Lifeguarding skills to the standard at instructor-level skill proficiency

## **Waterfront Skills** ●●●

The purpose of the Waterfront Skills module is to teach lifeguards the skills and knowledge needed to prevent and respond to emergencies in nonsurf, open-water areas found at public parks, resorts, summer camps and campgrounds.

### **Prerequisites**

- Candidates must have a current American Red Cross certificate for Lifeguarding/First Aid/CPR/AED.
- Be 15 years old on or before the final scheduled session of the course.
- Swim 550 yards, continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
- Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4 to 7 feet of water, resurface and continue to swim another 5 yards to complete the skill sequence.
- Tread water for 2 minutes, using only the legs. Candidates should place their hands under the armpits.
- Complete a timed event within 1 minute and 40 seconds.
  - Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
  - Surface dive, feet-first or headfirst, to a depth of 7 to 10 feet to retrieve a 10-pound object.
  - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath.

## Waterpark Skills ●●

The purpose of the Waterpark Skills module is to teach lifeguards the skills and knowledge needed to prevent and respond to emergencies in aquatic facilities with waterpark features.

### Prerequisites

- Candidates must have a current American Red Cross certificate for Lifeguarding/First Aid/CPR/AED or Shallow Water Lifeguarding (up to 5 feet)/Lifeguarding/First Aid/CPR/AED.
- Be 15 years old on or before the final scheduled session of the course.
- Swim 300 yards, continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
- Tread water for 2 minutes, using only the legs. Candidates should place their hands under the armpits.
- Complete a timed event within 1 minute and 40 seconds.
  - Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
  - Surface dive, feet-first or headfirst, to a depth of 7 to 10 feet to retrieve a 10-pound object.
  - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath.

## **Babysitting**

### **Babysitter's Training** ●●●

To provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid.

#### **Prerequisites**

This training is designed for youths ages 11 to 15.

### **Babysitter's Training Instructor** ●●

The purpose of the American Red Cross Babysitter's Training Instructor course is to train instructor candidates to teach the basic-level Babysitter's Training program.

This course prepares instructor candidates to use program materials, conduct training sessions and evaluate the progress of course participants.

#### **Prerequisites**

- Be at least 16 years of age on or before the final scheduled session of the instructor course.
- Possess a Fundamentals of Instructor Training Certificate issued within the last year or possess a current national Health and Safety Services Instructor Authorization Certificate.
- Successfully complete the precourse session. This includes demonstrating competency in the precourse skills.

### **Babysitting Basics** ●

This online course will prepare students to be better babysitters. Topics include how to provide care for infants and children; how to stay safe; what to do in an emergency; how to choose age-appropriate activities; and how to recognize and handle a variety of behaviors. Students will also learn the basics of starting a babysitting business. The course consists of six interactive modules featuring video, activities, games and tools babysitters can use to build their knowledge and skills and manage their babysitting business. This course, which includes a final exam at the end, takes about 4 hours to complete. Students who successfully complete the course will receive a printable certificate.

#### **Prerequisites**

- Designed primarily for youth ages 11 and older

### **Advanced Child Care Training** ●

The American Red Cross Advanced Child Care Training Online course teaches the knowledge and skills necessary to responsibly care for children and infants in and outside of the home. This includes training in leadership, child behavior and discipline, professionalism, safety, basic childcare (bottle feeding, holding, etc.).

**Prerequisites:** None

# **Swim Instructor**

## **Basic Swim Instructor** ●●

The purpose of the Red Cross Basic Swim Instructor course is to train instructor candidates to teach fundamental Learn-to-Swim courses and water safety presentations in the Red Cross Swimming and Water Safety program to help course participants reach water competency and to learn to be safer in and around water. The Basic Swim Instructor course trains instructor candidates by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress.

### **Prerequisites**

- Be at least 16 years of age on or before the final scheduled lesson of this course.
- Demonstrate the ability to perform the following swimming skills:
  - Swim the following strokes consistent with the Stroke Performance Charts, Level 3
    - Front crawl—25 yards
    - Breaststroke (kick only)—25 yards
    - Elementary backstroke—25 yards
    - Sidestroke (kick only)—25 yards
- Maintain position on back for 1 minute in deep water (floating or sculling).
- Tread water for 1 minute.
- Complete the water competency sequence: Step into water and totally submerge, float or tread water for 1 minute, rotate one full circle and orient to exit, swim 25 yards without stopping and exit the water

## **Water Safety Instructor** ●●

The purpose of the Water Safety Instructor course is to train instructor candidates to teach Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim, Adult Swim and water safety courses and presentations.

### **Prerequisites**

- Be at least 16 years old on or before the final scheduled session of the course.
- Demonstrate the ability to perform the following swimming skills:
  - Swim the following strokes consistent with the Stroke Performance Charts, Level 4:
    - Front Crawl – 25 yards
    - Back Crawl – 25 yards
    - Breaststroke – 25 yards
    - Elementary Backstroke – 25 yards
    - Sidestroke – 25 yards
    - Butterfly – 15 yards
- Maintain position on back for 1 minute in deep water (floating or sculling)
- Tread water for 1 minute

## **CPR for Professional Rescuers**

### **CPR for Professional Rescuers** ●●●●●●

The purpose of the American Red Cross CPR/AED for Professional Rescuers course is to train professional-level rescuers to respond to breathing and cardiac emergencies in adults, children and infants until more advanced medical personnel take over. This program is offered in both traditional instructor-led and blended learning delivery types.

#### **Prerequisites**

None

### **CPR for Professional Rescuers Instructor** ●●

The purpose of the American Red Cross CPR/AED for Professional Rescuers Instructor course is to train instructors to teach the basic-level American Red Cross CPR/AED for Professional Rescuers courses.

#### **Prerequisites**

- Be at least 16 years old on or before the final scheduled session of the course.
- Possess a current basic-level certification in CPR/AED for Professional Rescuers
- Successfully complete the online Introduction to the CPR/AED for Professional Rescuers

## **Basic Life Support**

### **Basic Life Support** ●●●●●●

The American Red Cross Basic Life Support (BLS) course provides participants with the knowledge and skills they need to assess, recognize and care for patients who are experiencing respiratory arrest, cardiac arrest, airway obstruction or opioid overdose. When a patient experiences a life threatening emergency, healthcare providers need to act swiftly and promptly. The course emphasizes providing high-quality care and integrating psychomotor skills with critical thinking and problem solving to achieve the best possible patient outcomes.

#### **Prerequisites**

None

### **Basic Life Support Instructor** ●●

The primary purpose of the American Red Cross Basic Life Support Instructor course is to train instructor candidates to teach the basic-level American Red Cross Basic Life Support course.

#### **Prerequisites**

- Instructor candidates in the American Red Cross Basic Life Support Instructor course must possess a current basic-level certification in Basic Life Support or equivalent.

# **Water Safety**

## **General Water Safety** ●●●●

This 30-minute presentation provides individuals with an awareness of the importance of water safety training and key information on being safe in, on and around water. General Water Safety is intended for individuals who want to learn about the importance of water safety and how to be safe in, on and around water.

### **Prerequisites**

None

## **Home Pool Safety** ●●●●

This 30-minute presentation provides information for home pool owners and apartment pool users on how to keep their family and guests safe in an aquatic environment. Home Pool Safety is intended for home pool owners and apartment pool users.

### **Prerequisites**

None

## **Personal Water Safety** ●●●●

This 5-hour course builds on basic swimming and safety skills and provides individuals with the knowledge and skills necessary to help avoid aquatic emergencies. Participants learn survival and self-rescue techniques. It provides basic information on safety in natural water environments and boating and personal watercraft. Successful completion of this course results in a certificate of completion that has no validity period. Personal Water Safety is intended for individuals who participate in aquatic activities and want to improve their water safety and survival skills.

### **Prerequisites**

- Participants must be able to:
  - Jump into deep water from the side
  - Recover to the surface
  - Maintain position by treading or floating for 1 minute
  - Rotate one full turn then turn as necessary to orient to the exit point
  - Level off
  - Swim front crawl and/or elementary backstroke for 25 yards
  - Exit the water

## **Rip Current Safety** ●●●●

This 30-minute presentation provides individuals with an awareness of the dangers of rip currents. Participants learn how to recognize rip currents, how to avoid them and what to do if caught in one. Rip current safety is intended for families and individuals interested in learning about or who spend time at surf beaches.

### **Prerequisites**

None



## **Safety Training for Swim Coaches** ●●●●●

Developed in collaboration with USA Swimming, this course is designed to teach those involved in competitive swimming how to help maintain a comfortable and safe environment for swimmers, prevent accidents and emergencies, and respond to swimmers with illnesses or injuries in water or on land.

### **Prerequisites**

There are no skill prerequisites to enroll; However, because there is an in-water skills session, participants must be comfortable in chest-deep water.

## **Water Safety Today** ●●●●

This 2-hour course teaches participants how to recognize, prevent and respond to emergencies in, on and around the water. Successful completion of this course results in a certificate of completion that has no validity period. Water Safety Today is intended for anyone with an interest in learning water safety knowledge and skills.

### **Prerequisites**

None

## **Longfellow's WHALE Tales** ●●●●

This dry-land water safety program is intended for children ages 5 through 12. It includes information on the following topics:

- Be Cool, Follow the Rules
- Don't Just Pack It, Wear Your Jacket
- Swim as a Pair Near a Lifeguard's Chair
- Look Before You Leap
- Think, So You Don't Sink o Reach or Throw, Don't Go
- Think Twice Before Going Near Cold Water or Ice
- Know About Boating Before You Go Floating
- Too Much Sun Is No Fun
- In Your House and In Your Yard, Watch for Water, Be on Guard
- Wave, Tide or Ride, Follow the Guide

### **Prerequisites**

None

## **Sun Safety** ●●●●

This 30-minute presentation teaches participants the dangers of too much exposure to direct sunlight. Participants learn how to protect themselves and others when enjoying activities in the sun. Sun Safety is intended for any general audience who enjoys outdoor activities.

### **Prerequisites**

None

## **Becoming an American Red Cross Ambassador for Water Safety** ●

Becoming a Water Safety Ambassador covers fundamentals of water safety, provides an orientation to Red Cross materials to teach water safety in a dryland, classroom-based setting and offers ideas on how to implement water safety education in your community. This online eLearning module is intended for teachers as well as adult and youth leaders in the community who are committed to sharing Red Cross resources to impact drowning rates, especially in places that are most at risk for drowning.

### **Prerequisites**

None

## **Water Safety for Parents and Caregivers** ●

Water Safety for Parents and Caregivers focuses on developing an awareness of the risks of drowning and how to minimize those risks, especially for young children. It teaches parents and caregivers about:

- Water Competency
- The Circle of Drowning Prevention
- The Chain of Drowning Survival

### **Prerequisites**

None

## **Basic Water Rescue** ●●●●●

This 4-hour certification course provides participants with the knowledge and skills necessary to prevent, recognize and respond to aquatic emergencies. It also prepares participants for aquatic emergencies by teaching them how to protect themselves while assisting others. Basic Water Rescue does not provide participants with all the knowledge and skills needed to be certified as a lifeguard. Basic Water Rescue is intended for public safety personnel, camp personnel and day trip leaders, daycare workers, school teachers, aquatic fitness instructors, aquatic therapists, anyone involved in aquatic activities and others who work around water.

### **Prerequisites**

There are no skill prerequisites to enroll; However, because there is an in-water skills session, participants must be comfortable in chest-deep water.

# **Wilderness and Remote First Aid**

## **Wilderness and Remote First Aid** ●●●

To provide individuals a foundation of first aid principles and skills to be able to respond to emergencies and give care in areas that do not have immediate emergency medical services (EMS) response. This includes wilderness and remote environments, including urban disasters, such as earthquakes and hurricanes.

### **Prerequisites**

- Possess current adult CPR/AED certification
- Be at least 14 years of age on or before the last scheduled session of the course

## **Wilderness and Remote First Aid Instructor** ●●

The primary purpose of the American Red Cross Wilderness and Remote First Aid Instructor course is to train instructor candidates to teach the Wilderness and Remote First Aid course.

### **Prerequisites**

- Be at least 17 years of age on or before the final scheduled session of this course.
- Have successfully completed Fundamentals of Instructor Training within the last year or have a current Health and Safety Services instructor authorization.
- Possess valid basic-level American Red Cross Wilderness and Remote First Aid certification or equivalent wilderness first aid training from another agency, such as American Safety and Health Institute (ASHI), Emergency Care and Safety Institute (ECSI), Mountaineers, National Outdoor Leadership School (NOLS), National Ski Patrol, Remote Medical International (RMI), Stonehearth Open Learning Opportunities (SOLO), Wilderness Medical Associates (WMA) or Wilderness Medicine Institute (WMI).
- Successfully complete the precourse session

## **Other**

### **Cat and Dog First Aid** ●

Learn the basics in caring for cats and dogs through a variety of topics – from understanding and checking your pet's vital signs, to preventative care for cats and dogs, to caring for the most critical emergency situations - including breathing and cardiac emergencies, wounds, bleeding, and seizures.

### **Prerequisites**

None

# American Red Cross Learn to Swim Program

## **Parent and Child Aquatics**

The purpose of Parent and Child Aquatics is to teach safe behaviors around the water and develop swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on and around water.

### **Skills**

- Hug position
- Chin support
- Shoulder support on front
- Cuddle position
- Hip straddle
- Shoulder support on side
- Hip support on front
- Hip support on back
- Back support
- Arm stroke position
- Passing from instructor to parent
- Cueing
- Getting wet with toys
- Getting wet kicking
- Enter water by lifting in
- Enter water by walking in
- Enter water from a seated position
- Enter water from a seated position—rolling over and sliding in
- Enter water by stepping or jumping in
- Enter water using a ladder
- Enter water using steps or ramp
- Out-of-water exploration
- In-water exploration
- Exit water by lifting out
- Exit water by walking out
- Exit water using a ladder
- Exit water using side of pool
- Exit water using steps or ramp
- Blow bubbles on the surface
- Blow bubbles with mouth and nose submerged
- Underwater exploration
- Open eyes and retrieve objects below the surface

- Open eyes and retrieve submerged objects
- Submerge mouth, nose and eyes
- Bobbing
- Front glide
- Front glide to the wall
- Front float
- Back glide
- Back float
- Roll from front to back
- Roll from back to front
- Leg action on front—alternating or simultaneous movements
- Arm action on front—alternating or simultaneous movements
- Combined arm and leg actions on front with breathing
- Leg action on back—alternating or simultaneous movements
- Arm action on back—alternating or simultaneous movements
- Combined arm and leg actions on back

**Prerequisites**

Students must be at least 6 months old and must be accompanied by an adult in the water.

## **Preschool Aquatics**

Preschool Aquatics aims to promote the developmentally appropriate learning of fundamental water safety and aquatic skills by young children. Red Cross Preschool Aquatics teaches aquatic and safety skills in a logical progression through three levels of courses.

### **Preschool Aquatics Level 1 Skills**

All Preschool Aquatics Level 1 skills can be performed with support

- Enter water using ramp, steps or side
- Exit water using ladder, steps or side
- Blow bubbles, 3 seconds
- Submerge mouth, nose and eyes
- Open eyes underwater and retrieve submerged objects (in shallow water)
- Front glide, 2 body lengths
- Recover from a front glide to a vertical position
- Back glide, 2 body lengths
- Back float, 3 seconds
- Recover from a back float or glide to a vertical position
- Roll from front to back
- Roll from back to front
- Arm and hand treading actions (in chest-deep water)
- Alternating leg action on front, 2 body lengths
- Simultaneous leg action on front, 2 body lengths
- Alternating arm action on front, 2 body lengths
- Simultaneous arm action on front, 2 body lengths
- Combined arm and leg actions on front, 2 body lengths
- Alternating leg action on back, 2 body lengths
- Simultaneous leg action on back, 2 body lengths
- Alternating arm action on back, 2 body lengths
- Simultaneous arm action on back, 2 body lengths
- Combined arm and leg actions on back, 2 body lengths
- Enter independently, using either the ramp, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds, then safely exit the water. (Children can walk, move along the gutter or “swim.”)
- While in shallow water, glide on front for at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position.

### **Prerequisites**

Students must be at least 3.5 years of age.

## **Preschool Aquatics Level 2 Skills**

All Preschool Aquatics Level 2 skills can be performed with assistance

- Enter water by stepping in from the deck or low height (in shoulder-deep water)
- Exit water using ladder, steps or side (in chest-deep water)
- Bobbing, 5 times
- Open eyes underwater and retrieve submerged objects (in chest-deep water)
- Front glide, 2 body lengths
- Front float, 3 seconds
- Recover from a front float or glide to a vertical position (in chest-deep water)
- Back glide, 2 body lengths
- Back float, 5 seconds
- Recover from a back float or glide to a vertical position
- Roll from front to back
- Roll from back to front
- Tread water using arm and leg actions, 15 seconds (in shoulder-deep water)
- Combined arm and leg actions on front, 3 body lengths
- Finning arm action on back, 3 body lengths
- Combined arm and leg actions on back, 3 body lengths
- Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position.
- Glide on back for at least 2 body lengths, roll to front, then recover to a vertical position.
- Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for 3 body lengths.

### **Prerequisites**

Passed Preschool Aquatics Level 1

## **Preschool Aquatics Level 3 Skills**

All Preschool Aquatics Level 3 skills are done independently

- Enter water by jumping in (in shoulder-deep water)
- Fully submerging and holding breath, 10 seconds
- Bobbing, 10 times (in chest-deep water)
- Rotary breathing, 5 times
- Front float, 10 seconds
- Front float
- Jellyfish float
- Tuck float
- Recover from a front float or glide to a vertical position
- Back glide, 3 body lengths
- Back float, 15 seconds

- Recover from a back float or glide to a vertical position
- Change direction of travel while swimming on front or back
- Tread water, 30 seconds (in shoulder-deep water)
- Combined arm and leg actions on front, 5 body lengths
- Finning arm action on back, 5 body lengths
- Combined arm and leg actions on back, 5 body lengths
- Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
- Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
- Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for 5 body lengths.

**Prerequisites**

Passed Preschool Aquatics Level 2



## **Learn to Swim**

Red Cross Learn-to-Swim consists of six comprehensive levels that teach people of varying ages and abilities how to swim skillfully and safely. Each level includes training in basic water safety. All aquatic and safety skills are taught in a logical progression. The objective is to teach people to swim and to be safe in, on and around the water. The six levels include:

- Level 1: Introduction to Water Skills
- Level 2: Fundamental Aquatic Skills
- Level 3: Stroke Development
- Level 4: Stroke Improvement
- Level 5: Stroke Refinement
- Level 6: Swimming and Skill Proficiency
  - Personal Water Safety
  - Fitness Swimmer

### **Learn to Swim Level 1 Skills**

Level 1 skills can be performed with assistance.

- Enter water using ramp, steps or side
- Exit water using ladder, steps or side
- Blow bubbles, 3 seconds
- Bobbing, 5 times
- Open eyes underwater and retrieve submerged objects, 2 times (in shallow water)
- Front glide, 2 body lengths
- Recover from a front glide to a vertical position
- Back glide, 2 body lengths
- Back float, 5 seconds
- Recover from a back float or glide to a vertical position
- Roll from front to back
- Roll from back to front
- Arm and hand treading actions (in chest-deep water)
- Alternating leg action on front, 2 body lengths
- Simultaneous leg action on front, 2 body lengths
- Alternating arm action on front, 2 body lengths
- Simultaneous arm action on front, 2 body lengths
- Combined arm and leg actions on front, 2 body lengths
- Alternating leg action on back, 2 body lengths
- Simultaneous leg action on back, 2 body lengths
- Alternating arm action on back, 2 body lengths
- Simultaneous arm action on back, 2 body lengths
- Combined arm and leg actions on back, 2 body lengths

- Enter independently, using either the ramp, steps or side, travel at least 5 yards, bob 5 times, then safely exit the water. (Participants can walk, move along the gutter or “swim.”)
- Glide on front at least 2 body lengths, roll to a back float for 5 seconds and recover to a vertical position. (This part of the assessment can be performed with assistance.)

### **Prerequisites**

Participants must be at least 6 years of age.

### **Learn to Swim Level 2 Skills**

- Enter water by stepping or jumping from the side (into shoulder-deep water)
- Exit water using ladder, steps or side (from chest-deep water)
- Fully submerge and hold breath, 10 seconds
- Bobbing, 10 times (in chest-deep water)
- Open eyes underwater and retrieve submerged objects, 3 times (in chest-deep water)
- Rotary breathing, 5 times
- Front glide, 2 body lengths
- Float in a face-down position, 10 seconds
- Front float
- Jellyfish float
- Tuck float
- Recover from a front float or glide to a vertical position
- Back glide, 2 body lengths
- Back float, 15 seconds in chest-deep water
- Recover from a back float or glide to a vertical position in chest-deep water
- Roll from front to back
- Roll from back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions, 15 seconds (in shoulder-deep water)
- Combined arm and leg actions on front, 5 body lengths
- Finning arm action on back, 5 body lengths
- Combined arm and leg actions on back, 5 body lengths
- Step from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
- Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
- Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front, then continue swimming for 5 body lengths.

**Prerequisites:** Passed Learn to Swim Level 1

### **Learn to Swim Level 3 Skills**

- Enter water by jumping from the side (into deep water), fully submerge, then recover to the surface and return to the side.
- Bobbing while moving toward safety, 15 times (in chest-deep water)
- Rotary breathing, 15 times
- Survival float on front, 30 seconds (in deep water)
- Back float, 1 minute (in deep water)
- Change from vertical to horizontal position on front (in deep water)
- Change from vertical to horizontal position on back (in deep water)
- While in a vertical position, rotate 1 full turn (in deep water)
- Tread water, 1 minute (in deep water)
- Push off in a streamlined position on front, then begin flutter kicking, 3 to 5 body lengths
- Push off in a streamlined position on front, then begin dolphin kicking, 3 to 5 body lengths
- Front crawl, 15 yards
- Breaststroke kick, 15 yards
- Elementary backstroke, 15 yards
- Scissors kick, 15 yards
- Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.
- Push off in a streamlined position then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.

#### **Prerequisites**

Passed Learn to Swim Level 2 or Preschool Aquatics Level 3

### **Learn to Swim Level 4 Skills**

- Swim underwater, 3 to 5 body lengths (without hyperventilating)
- Feet first surface dive, submerging completely
- Survival swimming, 1 minute (in deep water)
- Front crawl open turn
- Back crawl open turn
- Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary), 2 minutes
- Front crawl, 25 yards
- Breaststroke, 15 yards
- Butterfly, 15 yards
- Push off in a streamlined position on back and begin flutter kicking, 3 to 5 body lengths

- Push off in a streamlined position on back and begin dolphin kicking, 3 to 5 body lengths
- Elementary backstroke, 25 yards
- Back crawl, 15 yards
- Sidestroke, 15 yards
- Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
- Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.
- Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.

#### **Prerequisites**

Passed Learn to Swim Level 3

### **Learn to Swim Level 5**

- Tuck surface dive, submerging completely
- Pike surface dive, submerging completely
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Tread water, 5 minutes
- Tread water, using legs only, 2 minutes
- Front crawl, 50 yards
- Breaststroke, 25 yards
- Butterfly, 25 yards
- Elementary backstroke, 50 yards
- Back crawl, 25 yards
- Standard (back) scull, 30 seconds
- Sidestroke, 25 yards
- Swim front crawl for 50 yards, then swim elementary backstroke 50 yards using appropriate and efficient turning styles throughout.
- Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.

#### **Prerequisites**

Passed Learn to Swim Level 4

### **Learn to Swim Level 6-Fitness Swimmer Skills**

- Front crawl, 100 yards
- Elementary backstroke, 100 yards
- Back crawl, 50 yards
- Breaststroke, 50 yards

- Sidestroke, 50 yards
- Butterfly, 50 yards
- Front crawl open turn while swimming
- Back crawl open turn while swimming
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Sidestroke open turn while swimming
- Butterfly turn while swimming
- Breaststroke turn while swimming
- Surface dive and retrieve an object from the bottom (in water at least 7 to 10 feet deep)
- Circle swimming
- Using a pace clock
- Using a pull buoy while swimming, 25 yards
- Using fins while swimming, 25 yards
- Using paddles while swimming, 25 yards
- Describe how to set up an exercise program
- Demonstrate various training techniques
- Calculate target heart rate
- Demonstrate aquatic exercise
- Swim 500 yards continuously using any 3 strokes, swimming at least 50 yards of each stroke.
- Perform the Cooper 12-minute swim test, and compare results with the pre-assessment results.

### **Prerequisites**

Passed Learn to Swim Level 5

### **Learn to Swim Level 6-Personal Water Safety**

- Front crawl, 100 yards
- Elementary backstroke, 100 yards
- Back crawl, 50 yards
- Breaststroke, 50 yards
- Sidestroke, 50 yards
- Butterfly, 50 yards
- Front crawl open turn while swimming
- Back crawl open turn while swimming
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Sidestroke open turn while swimming
- Butterfly turn while swimming
- Breaststroke turn while swimming
- HELP position, 2 minutes (in deep water)

- Huddle position, 2 minutes (in deep water)
- Feet First surface dive (in water at least 7-feet deep)
- Tuck surface dive (in water at least 7-feet deep)
- Pike surface dive (in water at least 7-feet deep)
- Back float, 5 minutes (in deep water)
- Survival float, 5 minutes (in deep water)
- Survival swimming, 10 minutes
- Tread water, using legs only, 2 minutes (in deep water)
- Surface dive and retrieve an object from the bottom (in water at least 7 to 10 feet deep)
- Swim 500 yards continuously using any 3 strokes, swimming at least 50 yards of each stroke.
- Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.
- Perform a feet first surface dive, retrieve an object from the bottom of the pool at a depth of 7 to 10 feet, return to surface, then back to starting point.

#### **Prerequisites**

Passed Learn to Swim Level 5

## **Adult Swim**

These courses are intended for teens and adults at different levels of swimming ability.

### **Adult Swim-Learning the Basics**

Learning the Basics can help teens or adults overcome their fear of the water and to learn the basic skills to achieve a minimum level of water competency.

#### **Skills**

- Enter chest-deep water
- Walk in chest-deep water
- Enter water by stepping or jumping from the side, fully submerge, then recover to the surface and return to the side (in water over the head)
- Roll from front to back
- Roll from back to front
- Change from vertical to horizontal position on front (in deep water)
- Change from vertical to horizontal position on back (in deep water)
- Change from vertical to horizontal position on front, then travel toward safety (in deep water)
- Change from vertical to horizontal position on back, then travel toward safety (in deep water)
- Arm and hand treading actions (in chest-deep water)
- Tread water using arm and leg actions, 1 minute (in deep water)
- Bobbing while traveling toward safety, 15 yards (in chest-deep water)
- Rotary breathing, 15 times
- Submerge and recover to surface (in deep water)
- Front glide, 5 body lengths, with recovery, (in chest-deep water)
- Survival float, 30 seconds (in deep water)
- Back glide, 2 body lengths, with recovery, (in chest-deep water)
- Back float, 1 minute, with recovery
- Combined arm and leg actions on front with alternating arm action, 2 body lengths
- Front crawl, 15 yards
- Combined arm and leg actions on front with simultaneous arm action (modified breaststroke), 2 body lengths
- Breaststroke, 15 yards
- Elementary backstroke, 15 yards
- Scissors kick, 15 yards
- Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.

- Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.

## **Adult Swim-Improving Skills and Swimming Strokes**

Improving Skills and Swimming Strokes is for teens or adults who want to improve their foundational skills and swimming strokes to gain an overall level of comfort in the water, to be able to enjoy the water more safely with their children, because they own a home pool or to open the door to training for other aquatic opportunities, such as to learn SCUBA.

### **Skills**

- Enter water by stepping or jumping from the side (into at least shoulder-deep water)
- Rotary breathing, 15 times
- Swim underwater without hyperventilating, 3 to 5 body lengths
- Feet first surface dive, submerging completely
- Tuck surface dive, submerging completely
- Pike surface dive, submerging completely
- Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary), 5 minutes
- Tread water using only legs, 2 minutes
- Front crawl, 50 yards
- Breaststroke, 50 yards
- Butterfly, 25 yards (optional)
- Elementary backstroke, 50 yards
- Back crawl, 25 yards
- Sidestroke, 25 yards
- Front crawl open turn while swimming
- Back crawl open turn while swimming
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Swim front crawl 50 yards, change direction and position of travel as necessary using an efficient turning style, then swim elementary backstroke for 50 yards, also with an efficient turn.
- Swim breaststroke 50 yards, change direction of travel using an efficient open turn as necessary, then swim back crawl for 25 yards using an efficient back crawl turn.
- Submerge underwater and swim 5 body lengths underwater without hyperventilation, return to the surface, then exit the water.



## **Adult Swim-Swimming for Fitness**

Fitness Swimming is for adults who swim for fitness and want to learn to refine their strokes for a variety of reasons. Some may want to use the benefits of the water to improve their fitness levels, while others may want to participate in a masters swimming program or other competitive sports, such as triathlons or open water distance swimming.

### **Skills**

- Front crawl with open or flip turns, 100 yards
- Back crawl with open or flip turns, 50 yards
- Breaststroke with open or flip turns, 50 yards
- Butterfly with open turns, 50 yards (optional)

## **Private Swim Lessons**

Any course in the American Red Cross Learn-to-Swim program can be offered as a private lesson.

# **Water Exercise Programs**

## **Twinges in the Hinges**

This class is designed to improve range of motion, flexibility, muscular strength, and joint mobility with low impact. No swimming skill necessary.

## **Aqua Zumba**

Aqua Zumba is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

## **Water Jogging**

This self-guided program gives you an opportunity to do aerobic exercise impact free. Participants will use Aqua Jogger Swim Belts. This program is conducted in the deep-end of the pool.

## **Aqua Aerobics**

Great workout for any age, this class combines cardiovascular, strength training, toning and stretching. No swimming skills necessary.

## **Aqua Adaptive**

Aqua Adaptive is a class designed for students ages 4-12 who have a disability or health condition. In this class students will learn about water safety and develop basic swimming skills through fun activities and games while working in small groups (1-4 students per instructor based on student needs and instructor availability).

# Swim Team

## **YMCA Swim Team**

Our YMCA Swim Team programs offer a fun and challenging environment for swimmers who can already demonstrate basic skills and are ready to take those skills to the next level! We welcome dedicated swimmers who want to compete with teammates and improve their skills. Youth who join YMCA swim teams not only become better swimmers, they also learn camaraderie, discipline and respect.

### **NLY Swim Team - NAVY (Beginners)**

Learn the fundamental skills of competitive swimming including proper stroke technique. We focus on team building and use competition as a tool to teach the values of discipline, self-improvement and sportsmanship.

#### **Prerequisites**

- Participants between the ages of 6-18
- Must be a YMCA member
- Has completed Learn to Swim Level 3, or is able to demonstrate Level 3 skills

### **NLY Swim Team - WHITE (Intermediate)**

Next level from beginner. Continue learning the fundamental skills of competitive swimming including proper stroke technique. We focus on team building and use competition as a tool to teach the values of discipline, self-improvement and sportsmanship.

#### **Prerequisites**

- Participants between the ages of 6-18
- Must be a YMCA member
- Has been assessed at an intermediate level by a coach

### **NLY Swim Team - GREEN (Advanced)**

Continue the fundamental skills of competitive swimming including polishing proper stroke technique. We focus on team building and use competition as a tool to teach the values of discipline, self-improvement and sportsmanship.

#### **Prerequisites**

- Participants between the ages of 6-18
- Must be a YMCA member
- Has been assessed at an intermediate level by a coach