



**City of Greenfield Parks & Recreation
AMERICAN RED CROSS AQUATICS PROGRAM
PARENT-CHILD**

Swimmer's First Name: _____

Swimmer's Last Name: _____

Year: _____ Rec Trac Course #: _____

Instructor(s): _____

KEY
P = Pass
F = Fail
NW = Needs Work
N/A = Not Applicable

SWIM SKILLS-Parent use only. Not completed by instructor.	
Hug position	
Hip support on front	
Chin support	
Shoulder support on front	
Cuddle position	
Hip support on back	
Back support	
Arm stroke position	
Hip straddle	
Shoulder support on side	
Cueing	
Getting wet with toys	
Getting wet kicking	
Enter water with lifting in	
Enter water by walking in	
Enter water from a seated position	
Enter water from a seated position by rolling over and sliding in	
Enter water by jumping in	
Out-of-water exploration	
In-water exploration	
Exit by lifting out	
Exit water using a ladder	
Exit by using side of pool	
Blow bubbles on the surface	
Blow bubbles with mouth and nose submerged	
Underwater exploration	
Open eyes and retrieve object	
Submerge mouth, nose, and eyes	
Front glide	

Front glide to wall	
Front float	
Back glide	
Back float	
Rolling from front to back and back to front	
Passing from parent to instructor/instructor to parent	
Leg action on front	
Arm action on front	
Combined arm and leg action on front	
Leg action on back	
Arm action on back	
Combined arm and leg action on back	

PERSONAL SAFETY AND RESCUE SKILLS	
The importance of wearing a life jacket	
Wearing a life jacket in the water	
Reaching assist	
How to call for help and the importance of knowing first aid and CPR	
Basic water safety rules	
General water safety around home	
Safety at the beach and at the water park	
Water toys and their limitations	
Recreational water illness	
Sun safety	

INSTRUCTOR COMMENTS:

Children who are at least 4 years of age and have demonstrated water confidence can enroll in our Preschool Level 1: Starfish Class.

Next level to enroll in:

