

Introducing the 2009 Swimming and Water Safety Program from the American Red Cross

The newly revised American Red Cross Swimming and Water Safety program for 2009 is now available! Based on feedback from industry experts, the program has been updated to make it more effective and easier to teach. Updates include:

- Water safety and drowning prevention skills built into all swim levels as a major focus of learning.
- New distribution of swim skills throughout the levels to help reduce bottlenecks and optimize skill acquisition.
- Three new Preschool Aquatics levels to better meet the developmental needs of younger children.
- The latest techniques and biomechanics from USA Diving and USA Swimming.
- Information to help instructors incorporate participants of varying ages and abilities into standard swim classes, including those with disabilities and other health conditions.

The updated program includes a wide variety of courses and presentations to meet the unique needs of aquatic facilities, swim clubs and swim teams. Choose from the following offerings:

- Water Safety Instructor
- Parent and Child Aquatics (2 levels)
- Preschool Aquatics (3 levels)
- Learn-to-Swim (6 levels)
- Water Safety Courses and Presentations
- Longfellow's WHALE Tales
- Safety Training for Swim Coaches

To learn more, [click here](#) to view the American Red Cross Aquatics Catalog.

NOTE: “Coach Members” seeking certification in Safety Training for Swim Coaches to become compliant with the new USA Swimming requirement effective January 1, 2009 may contact their local American Red Cross chapter for course dates and times. To find a Red Cross chapter near you, visit www.RedCross.org.

Update Your Water Safety Instructor Authorization

Choose from three options to update your Water Safety instructor or instructor trainer authorization.

1. Group Orientation at your Local American Red Cross Chapter
To find a chapter near you, visit www.RedCross.org.
2. Online 24/7 at www.InstructorsCorner.org/RedCross
3. Aquatics International Webcast (hosted by American Red Cross National Headquarters)
Wednesday, March 11, 2009 from 2:00 – 4:00 pm ET
Register now at www.AquaticsIntl.com/RedCross

The Red Cross is pleased to be authorized by IACET to offer 0.2 CEUs for these update sessions.

Order Program Materials Today

To order the updated Swimming and Water Safety program materials, contact your local American Red Cross chapter, call (800) 667-2968 or shop online at www.ShopStayWell.com.