



**American  
Red Cross**

*Together, we can save a life*

The City of Cocoa Beach  
Aquatic Center  
is a Proud Provider of the  
American Red Cross Swimming  
and Water Safety Program.

## Cocoa Beach Aquatic Center, Your One Source



### *American Red Cross Swimming and Water Safety Courses*

#### **Parent and Child Aquatics**

Parents and children (ages 6 months up to 4 years) learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control.

#### **Learn-to-Swim**

Red Cross Learn-to-Swim features six levels of instruction to help swimmers ages 3 and up of a variety abilities develop their skills.

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

#### **Longfellow's WHALE Tales**

Provides essential water safety knowledge (**Water Habits Are Learned Early**) for children in grades K-6.

**Additionally we train Lifeguards and  
Water Safety Instructors**

**Registration will begin in May.  
For more information about  
American Red Cross programs offered  
at the Cocoa Beach Aquatic Center,  
call 868-3240**