

selected community leadership is trained through regular Water Safety Instructor Courses conducted by special Red Cross representatives for the chapter or through attendance at one of the National Aquatic Schools. Men and women at least 18 years of age in sound health and physical condition may qualify as instructors to relay knowledge and skills learned to thousands of people. The objectives thus accomplished in communities with this type of trained leadership are:

1. Teaching non-swimmers how to swim.
2. Teaching swimming beyond the beginner level.
3. Teaching common safety factors in small craft handling.
4. Teaching life saving in all its forms.
5. Teaching water safety in all its phases.
6. The promotion of water safety.

In promoting your swimming program let us consider you have your trained and qualified leadership. Beyond that, however, we know there are some natural teachers who make a success of their work because of certain personal characteristics joined with a keen interest and some initiative to adjust their teaching to the individual. Teaching of swimming is made easier, of course, when the staff is properly organized, sufficient equipment available, and the pool or beach so arranged as to facilitate teaching. Your leadership needs to maintain an atmosphere of cheerfulness, to develop infinite patience and to be encouraging at all times. Once the pupil understands that you understand his point of view and are sympathetic you gain his confidence. Be careful never to frighten a beginner. Swimming affords exceptional opportunity to inculcate the ideals of courage, self-confidence, leadership, good sportsmanship and self-sacrifice. The highest ideals of physical education should always be maintained through your swimming methods whatever they are. Think of your teaching in the light of teaching citizenship. In maintaining these ideals swimming affords an excellent opportunity to teach proper health habits.

The learning phases of functional skills in progressive order for the Red Cross Beginner Swimming Courses are:

1. Careful adjustment to water.
2. Breath holding.
3. Rhythmic breathing.
4. Seeing under water.
5. Elementary use of buoyancy.
6. Prone floating.
7. Jellyfish float.
8. Getting off and on your feet.
9. Propulsive movement.
10. Changing position.
11. Coordinated stroking.
12. Methods of entering the water.
13. Safety skills for,
 - a. Release of cramp
 - b. Assisting a non-swimmer to his feet
 - c. Reaching assistance.

The intermediate swimming course develops individual swimming and diving skills. Emphasis is placed largely on mastering three types of leg and arm stroking movements. Successful completion of the Beginner and the Intermediate Swimming Courses qualified one for the regular certificate.

In the swimmer swimming course the pupil is to master a series of swimming styles. The emphasis is placed on coordination of parts into whole strokes for the purpose of developing increased ease, balance, endurance and versatility in the water. In this course the practice sessions begins to change. Mass drill is still given in propulsive movements, plain diving and so forth, but the major part of the class period is divided between individual instruction and individual practice until the pupil establishes the proper relationship of arm strokes, leg strokes and breathing. The successful completion of the course also qualifies the pupil for the Red Cross Swimmer Certificate.