



Together, we can save a life

Milford Recreation Department
Keys Pool is a Proud Provider
of the American Red Cross
Swimming and Water Safety
Program.

YOUR ONE SOURCE

American Red Cross Swimming and Water Safety Courses

Parent and Child Aquatics

Parents and children (ages 6 months up to 5 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 seven levels of instruction to help swimmers of all ages and abilities develop their skills.

Aquaduck – Water Familiarization

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

Water Safety Today

Learn about safety around water at home and in other aquatic environments. An illustrated participant's booklet: *Water Safety Handbook* helps to reinforce learning



For more information about American Red Cross programs offered at this location, contact Sophie Morrison, Pool Manager or Nicole Banks, Recreation Director at 603-672-1067.