

RED CROSS SWIM PRE-SCHOOL



8-LEVEL PROGRAM FOR CHILDREN 4 MONTHS TO 6 YEARS OF AGE

Give your child the gift of aquatic fun and swimming at an early age. Songs, games and introductory swimming skills will make your child comfortable and happy in the water. Each level is built around an aquatic animal mascot, which makes lessons engaging and fun. The Instructor uses progressive teaching techniques adapted to each child and provides constant feedback and encouragement.

PARENT PARTICIPATION LEVELS

These levels are participation-based only

Old Title WATERBABIES		NEW	New Title STARFISH	
Starfish (Replaces Waterbabies)		4-12 months	Orientation to water for babies and their parent/caregiver. To enter this level, babies must be able to hold their head up. The goals are to help babies experience buoyancy and movement through songs and play in the water and to teach the parent/caregiver age-specific water safety.	
Old Title PARENT AND TOT 1		NEW	New Title DUCK	
Duck (Replaces Parent and Tot 1)		12-24 months	Orientation to water for toddlers and their parent/caregiver. Age is the only condition for entering this level. Swimmers learn how to use floating objects for support and explore different water movements through games, songs and active water play. The parent/caregiver also learns age-specific water safety.	
Old Title PARENT AND TOT 2		NEW	New Title SEA TURTLE	
Sea Turtle (Replaces Parent and Tot 2)		24-36 months	Orientation to water for toddlers and their parent/caregiver. Age is the only condition for entering this level. Swimmers learn, through fun games and songs, how to combine skills, how to kick with a buoyant object and how to perform basic floats, glides and kicks.	

PRESCHOOL PROGRAM

Old Title GUPPIES 1, 2 or MINNOWS 1		NEW	New Title SEA OTTER	
Sea Otter (Replaces Guppies 1, 2, or Minnows 1)		3-5 years	Transitional level that transfers the preschooler to the care of the Instructor. All skills are assisted by the Instructor. Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim 1 metre. They also learn age-appropriate water safety skills.	
Old Title MINNOWS 2		NEW	New Title SALAMANDER	
Salamander (Replaces Minnows 2)		3-5 years	Using games and activities, swimmers learn to swim 2 metres, further develop basic floats and increase their distance on front and back glide. Front swim and roll-over glide are also included, and swimmers learn appropriate water safety skills such as how to jump into chest-deep water and how to use a lifejacket/Personal Flotation Device (PFD). Safety skills development includes water orientation, safe entries and exits and only swimming when an adult is present.	
Old Title MINNOWS 3		NEW	New Title SUNFISH	
Sunfish (Replaces Minnows 3)		3-6 years	Using games and activities, swimmers learn to swim 5 metres, increase their distance using buoyant objects, increase their front and back glide with kick, and develop their roll-over glide, side glide and front swim. Safety skills include deep-water skills and use of a lifejacket/Personal Flotation Device (PFD). Safety skills development such as water orientation, safe entries and exits and always asking for permission before going near the water.	
Old Title MINNOWS 4		NEW	New Title CROCODILE	
Crocodile (Replaces Minnows 4)		3-6 years	Through games and other fun activities, swimmers learn to swim 5 metres on their front and back, perform a dolphin kick and begin using rhythmic breathing. They also progress with kicking drills and increase their swimming distance to 10 metres. Safety skills include jumping into deep water and performing surface support for 10 seconds, recognizing when a swimmer needs help and using a lifejacket/Personal Flotation Device (PFD) in deep water.	
Old Title MINNOWS 5		NEW	New Title WHALE	
Whale (Replaces Minnows 5)		3-6 years	Through fun activities, swimmers perform a front and back swim for 10 metres. Swimmers work on developing their flutter kick and perform a distance swim of 15 metres. Safety skills include identifying safe swimming areas, jumping into deep water, swimming 5m, surface support for 20 seconds, a return to safety, throwing assists and sitting dives. Children completing this level and are 5 years or older are ready for the appropriate level of Red Cross Swim Kids.	