

RED CROSS SWIM PRESCHOOL LESSONS



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. These levels require parent participation.

Starfish		4-12 months	Orientation to the water for babies and their parent/caregiver. Babies will learn buoyancy and movement through songs and play in the water.
Duck		12-24 months	Orientation to the water for toddlers and their parent/caregiver as a continuation of skills learned in Starfish, or a beginning level. Swimmers will learn movements through water through fun games and songs.
Sea Turtle		24-36 months	Orientation to the water for toddlers and their parent/caregiver as a continuation of skills learned in Duck, or a beginning level. Swimmers will learn basic floats, glides and kicks through fun games and songs.

PRESCHOOL PROGRAM

Sea Otter		3-6 years	Transitional level that transfers the preschooler to the care of the Instructor. Swimmers will learn basic floats and glides through games and activities.
Salamander		3-6 years	Using games and activities, swimmers will learn how to further their distance with their front and back glides, learn roll-over glides and front swim.
Sunfish		3-6 years	Using games and activities, swimmers will learn to swim 5 meters, introduced to side glides and some deep water safety items.
Crocodile		3-6 years	Through games and fun activities, swimmers will learn to increase their distance to 10 meters, introduced to surface support in deep water.
Whale		3-6 years	Through fun activities, swimmers will learn to increase their distance to 15 meters, introduced to sitting dives and throwing assists.



RED CROSS SWIM KIDS LESSONS



10-LEVEL PROGRAM FOR THOSE 5 YEARS OF AGE +

You can start here, or continue your learning from the Preschool levels! Education is focused around water safety and swimming skills to promote safety and confidence when in and around the water. Each level builds upon skills learned in previous levels through progressive teaching techniques proven successful nation wide!

Swim Kids 1		Entry level program teaching water safety, front/back floats, glides and glide with kick.
Swim Kids 2		Introduction to front crawl, deep water activities, water safety and increased distance swims.
Swim Kids 3		Further development on front crawl technique, back swims, flutter kick drills, water safety and distance swims.
Swim Kids 4		Further development on front crawl, front/side glide combinations, back glide with shoulder roll, kneeling dives, water safety and 25metre distance swim.
Swim Kids 5		Front/back crawl, sculling, whip kick on back, safe boating skills, strike dives, dolphin kick and 50metre swim.
Swim Kids 6		Further development of front/back crawl technique, elementary backstroke, ice safety, rescues, treading water, front dive, 50metre distance swim.
Swim Kids 7		Further development of front/back crawl, airway obstructions, rescues, introduction to whip kick on front, treading water, 150metre distance swim.
Swim Kids 8		Breaststroke, foot-first surface dives, rescue entries, dangers of open water, hypothermia and rescue breathing, 300metre distance swim.
Swim Kids 9		Refinement of swim strokes, standing dives, self-rescue from ice, wise choices and peer influence, 400metre distance swim.
Swim Kids 10		Further refinement of swim strokes, introduction to butterfly, sidestroke, sun safety, head-first & foot first surface dives, rescue from ice, 500metre distance swim.

SPECIALTY LESSONS

PRIVATE LESSONS (Leisure or Teach Pool) - One on one instruction for those needing individual attention. All ages are welcome.

ADULT BASICS (Age 16+) - Designed specifically for adult and teens. Classes will be a learning centered environment allowing participants to learn skills important to them.

SMART TO START For children 9Y -12Y just starting out in swimming lessons. Focus will be on the first four levels of the Swim Kids Program.

SMART TEEN - This course is designed for the specific needs of beginning swimmers in the 13Y-18Y age group. Positive experiences in the water and beginning swimming skills are focused on in this level.

FAMILY LESSONS (Leisure or Teach Pool) - Looking for something where both children and their parent(s) can learn at the same time? Introducing Family Lessons! This lesson is open to all levels of learners, and can include up to 5 people (maximum 2 adults) from the same household.