



OUR LEARN TO SWIM PROGRAMS AT A GLANCE

RED CROSS SWIM PRESCHOOL

This seven level program allows your children to enter levels based on their age and abilities. Each level is built around an aquatic animal theme and has its own mascot, which makes learning fun and engaging for young swimmers!

Starfish, Duck and Sea Turtle allow the parent or caregiver to participate in the classes together with their child. The unparented version of Sea Turtle is perfect for children between the ages of 3 to 5 who have not previously taken swimming lessons. Salamander, Sunfish, Crocodile and Whale are designed to allow your child to be with their instructor at all times.

RED CROSS SWIM KIDS

This ten level program for children ages 6 and up will help swimmers develop all six swimming strokes – front and back crawl, elementary back stroke, breast stroke, butterfly, and sidestroke. Swimmers actively learn how to be safe around the water and increase their fitness and endurance through fun activities. Children will be challenged to achieve personal bests in distance and time, which is a strong motivator through all ten levels.

SEMI PRIVATE AND PRIVATE CLASSES

Private classes (maximum one per class) and semi-private classes (maximum three per class) are designed for swimmers who need more individualized teaching, or who are having difficulty with certain strokes or skills. The instructor will focus on those items which are weak, but must still cover all topics. You can request private/semi-private classes at registration. Not offered for Red Cross Swim Preschool (Starfish to Whale) or Red Cross Swim Kids 1 and 2.

SPECIAL NEEDS CLASSES

For children who have special needs requiring individualized instruction or physical support, private classes with experienced instructors are available.

Contact the Aquatic Supervisor (748-1432) for information prior to registration.

TRENT STROKE IMPROVEMENT 'A', 'B' AND 'C'

These Trent levels are designed specifically for those students who have had difficulty learning their strokes or who are experiencing co-ordination and endurance weakness in their strokes. These levels will help to develop strength and endurance.

While participation in a stroke improvement class may result in advancement to a higher red cross swim kids level, no swim kids awards will be issued in these three levels.

Pre-requisites:

Stroke Improvement 'A' works on skills from Swim Kids 5 (formerly AquaQuest 6). Students must have completed Swim Kids 4 (formerly AquaQuest 5).

Stroke Improvement 'B' works on skills from Swim Kids 6 & 7 (formerly AquaQuest 7 & 8). Students must have completed Swim Kids 5 (formerly AquaQuest 6).

Stroke Improvement 'C' works on skills from Swim Kids 8 to10 (formerly AquaQuest 9 to12). Students must have completed Swim Kids 7 (formerly AquaQuest 8).



INTRODUCING RED CROSS SWIM,

EXCITING SWIMMING AND WATER SAFETY PROGRAMS FOR YOUR CHILDREN.

For a lifetime of healthy and safe fun around the water!

RED CROSS SWIM PRESCHOOL

(FOR BABIES FOUR MONTHS TO FIVE-YEAR-OLD CHILDREN)

RED CROSS SWIM PRESCHOOL

Starfish/Duck (four months to 2 years)



An introductory class for babies, toddlers, and their parent or caregiver. To enter this level, your baby must be able to hold up his/her head. The goal of this orientation to water class is to build water confidence while experiencing buoyancy, movement, entries, and songs and play in the water – with baby's favourite person: you!

RED CROSS SWIM PRESCHOOL

Sea Turtle Parented (2 to 3 years)



A level for preschoolers and their parents. In this level, your preschooler will develop skills in swimming, glides, and floating and builds awareness of deep water and safe entries. Bonus feature: bonding time with Mom or Dad!

RED CROSS SWIM PRESCHOOL

Sea Turtle Unparented (3 to 5 years)

A level for preschoolers all by themselves! This level reviews the skills learned in Sea Turtle Parented (swimming, glides, and floating) and builds confidence before introducing unassisted swimming.



RED CROSS SWIM PRESCHOOL

Salamander Level (3 to 5 years)

Preschoolers actively learn new swimming skills including assisted floats and glides through games and songs. The fun includes learning to jump into chest deep water.

RED CROSS SWIM PRESCHOOL

Sunfish Level (3 to 5 years)



Assisted by an Instructor, preschoolers work on stroke and skill progressions. Learning also focuses on good judgement in, on and around the water, and entries and floats in deep water.

RED CROSS SWIM PRESCHOOL

Crocodile Level (3 to 5 years)



Preschoolers start independent glides and kicking in deep water. Endurance is built through increasing distance for front and back swims. Swimmers learn about the dolphin kick and actually try synchro skills in the water.

RED CROSS SWIM PRESCHOOL

Whale Level (3 to 5 years)



In Whale, children will learn to swim independently and participate in team games. Preschoolers will increase their distance and improve skills in front and back swims. Swimmers also learn about throwing assists to help another person in the water.

“Our Instructors showed a great deal of creativity in getting the kids used to the water and trying different things. They didn't push too hard and allowed them to try things at their own pace. It was a great experience.”

RED CROSS SWIM KIDS

(FOR 6-YEAR-OLD CHILDREN AND OLDER)



RED CROSS SWIM KIDS LEVEL 1

This is the entry level for those who didn't take the Red Cross Swim Preschool lessons. This level provides an orientation to the water and the pool area and introduces floats and glides with kicks. Children build their endurance by improving distance.

RED CROSS SWIM KIDS LEVEL 2

A second orientation level, Level 2 helps the child build skills in front and back swims. Children are introduced to deep water activities and proper use of a Personal Flotation Device (PFD). Endurance is built on flutter kicking with assisted glides.

RED CROSS SWIM KIDS LEVEL 3

Level 3 provides an introduction to front crawl as well the foundation for making wise choices on where and when to swim. Diving is introduced and children will work on floats and changing direction. Endurance is achieved by building strength in flutter kick and a 15-metre swim.

RED CROSS SWIM KIDS LEVEL 4

The front crawl, back glide and shoulder roll for back crawl are further developed. Children work on kneeling dives, surface support and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25-metre swim.

RED CROSS SWIM KIDS LEVEL 5

Back crawl is introduced, along with sculling skills and whip kick on the back. Children try stride dives and receive an introduction to safe boating skills. Endurance is developed through dolphin kick and a 50-metre swim.

RED CROSS SWIM KIDS LEVEL 6

Front and back crawl continue to be refined as the elementary backstroke is newly introduced. Children are also introduced to safety on ice, elementary rescue of others with throwing assists, treading water and the front dive. Endurance is built through a 75-metre swim.

RED CROSS SWIM KIDS LEVEL 7

Level 7 continues to build skills and endurance for front crawl, back crawl and elementary back stroke and introduces whip kick on the front. Children learn about airway and breathing obstructions, and participate in timed treading water for increasing endurance. Endurance is also built through a 150-metre swim.

RED CROSS SWIM KIDS LEVEL 8

Level 8 provides an introduction to the breaststroke, foot first surface dives, and rescue entries. Children learn about the dangers of open water, hypothermia, and the performance of rescue breathing on children and adults. Endurance is built on the dolphin kick and 300-metre swim.

RED CROSS SWIM KIDS LEVEL 9

Front crawl, back crawl, elementary backstroke and breaststroke continue to be refined. In this level children are encouraged to try combining different strokes and kicks for fitness. They also work on head-first shallow dives and standing dives and learn about wise choices, peer influences, and self-rescue from ice. Endurance is built through a 400-metre swim.

RED CROSS SWIM KIDS LEVEL 10

Further refinement of strokes, with an introduction to butterfly and scissor kick as a warm-up/cool down stroke for fitness. Children learn about sun safety, rescue of others from the ice, and head-first and feet-first surface dives. Endurance is built using dolphin kick and butterfly drills and a 500-metre swim.

