



Introducing



*featuring two exciting
Swimming and Water Safety
programs for your children.*

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

Red Cross Swim Preschool

7-level program for children 4 months to 5 years of age

This seven-level program allows your children to enter levels based on their age and abilities:

- During levels 1 and 2, the parent or caregiver will participate in the classes together with their child.
- Level 3 can provide a transition where parents can gradually leave their preschooler with the Instructor.
- Levels 4 to 7 can be unparented – the children will be with the Instructor at all times.

Each level is built around an aquatic animal theme and has its own mascot, which will make learning engaging and fun for young children.

Red Cross Swim Kids

10-level program for ages 6 and up

This program for school aged children will help swimmers develop all six swimming strokes (front and back crawl, elementary back stroke, breast stroke, butterfly, sidestroke), 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 will be a strong motivator through all 10 levels.



1. STARFISH (4 to 18 months)



An introductory class for babies and their parent or caregiver.

To enter this level, babies must be able to hold their head up.

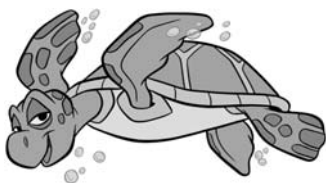
The goal of this orientation to water class is to experience buoyancy, movement, entries, and songs and play in the water.

2. DUCK (18 to 30 months)



For toddlers or older babies with a parent or caregiver. Toddlers build confidence while enjoying the water through games, songs and active water play.

3. SEA TURTLE (30 to 36 months parented or 3 to 5 years unparented)



A transitional level for preschoolers and their parents. Parents can gradually transfer the preschoolers to the care of the Instructor, or, for

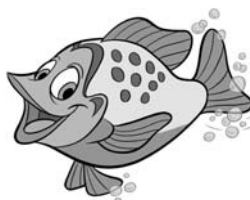
children 3-5 years old who have not previously taken swimming lessons, Sea Turtle is where they will enter the program. This level develops skills in swimming, glides, and floating and builds awareness of deep water and safe entries.

4. SALAMANDER (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.

5. SUNFISH (3 to 5 years)



Assisted by an Instructor, preschoolers work on stroke and skills progressions. Learning also focuses on good judgement in, on

and around the water, and entries and floats in deep water.

6. CROCODILE (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 try synchro skills in the water.

7. WHALE (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.



<p>Red Cross Swim Kids Level 1</p>	<p>This is an entry level for children ready to move in shallow water. 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.</p>
<p>Red Cross Swim Kids Level 2</p>	<p>This level 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 aides.</p>
<p>Red Cross Swim Kids Level 3</p>	<p>This level 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.</p>
<p>Red Cross Swim Kids Level 4</p>	<p>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.</p>
<p>Red Cross Swim Kids Level 5</p>	<p>Back crawl is introduced, along with sculling skills and whip kick on the back. Children try stride dives receive an introduction to safe boating skills. Endurance is developed through dolphin kick and a 50-metre swim.</p>
<p>Red Cross Swim Kids Level 6</p>	<p>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.</p>
<p>Red Cross Swim Kids Level 7</p>	<p>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 built through timed treading water and a 150-metre swim.</p>
<p>Red Cross Swim Kids Level 8</p>	<p>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.</p>
<p>Red Cross Swim Kids Level 9</p>	<p>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.</p>
<p>Red Cross Swim Kids Level 10</p>	<p>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 shallow dives. Endurance is built using dolphin kick and butterfly drills and a 500-metre swim.</p>

Swimming

Former Program

New Program



AQUATOTS

RED CROSS SWIM PRESCHOOL

Level 1	→	Starfish
Level 2	→	Duck
Level 3	→	Duck/Sea Turtle

AQUAQUEST

RED CROSS SWIM PRESCHOOL

Level 1 incomplete	→	Sea Turtle
Level 1 complete	→	Salamander
Level 2 incomplete	→	Salamander
Level 2 complete	→	Sunfish
Level 3 incomplete	→	Sunfish
Level 3 complete	→	Crocodile
Level 4 incomplete	→	Crocodile
Level 4 complete	→	Whale
Level 5 incomplete	→	Whale

AQUAQUEST

RED CROSS SWIM KIDS



Level 1 completed or incomplete	→	Level 1
Level 2 completed or incomplete	→	Level 1
Level 3 completed or incomplete	→	Level 2
Level 4 completed or incomplete	→	Level 3
Level 5 completed or incomplete	→	Level 4
Level 6 completed or incomplete	→	Level 5
Level 7 completed or incomplete	→	Level 6
Level 8 completed or incomplete	→	Level 7
Level 9 completed or incomplete	→	Level 8
Level 10 completed or incomplete	→	Level 9
Level 11 completed or incomplete Level 12 incomplete	→	Level 10



**For a Fun, Dynamic
and Rewarding
Experience, Choose a
Career in Aquatics**

Join the Red Cross Instructor Development Program!

Red Cross Assistant Water Safety Instructor Course (AWSI)

30-h program (+ 8h teaching experience) for ages 15 years and up

This certification course is a prerequisite to the Red Cross Water Safety Instructor Course.

The course covers the foundation of instructional skills including teaching methods, learning styles, physical principles, progressions, communication, safety supervision and feedback. Candidates are evaluated during 8 hours of assistant teaching and through individual study assignments.

Upon successful completion of the course, candidates are certified as **Assistant Water Safety Instructors**, which enables them to co-teach the Red Cross Swim programs under the supervision of a fully certified Water Safety Instructor.

Once certified, **Assistant Water Safety Instructors** have two years to become Water Safety Instructors.

Red Cross Water Safety Instructor Course (WSI)

25-h program (+12h teaching experience) for ages 16 years and up

The **Water Safety Instructor (WSI)** Course further develops instructional ability by focusing on how to effectively plan and teach the Red Cross Swim continuum: Red Cross Swim Preschool, Red Cross Swim Kids and AquaAdults programs.

The course focuses on how to effectively apply the information learned in the Assistant Water Safety Instructor Course to the Red Cross Swim programs. Other topics include instructional emergency response skills and stroke development, drills, and corrective strategies. Candidates apply their teaching skills and knowledge during 12 hours of practical teaching experience.

Upon successful completion of the course, candidates are certified as Water Safety Instructors. To remain valid, **Water Safety Instructor** status must be recertified every two years.