

# choose your level.

## parented.



STARFISH



DUCK



SEA TURTLE

Parents will participate in the classes with their child for the first three levels. Children enter a level based on their age and abilities.



**PRESCHOOL**  
Ages  
4 months –  
36 months

## preschool.



SEA OTTER

Transitional level that transfers the preschooler to the care of the instructor. Using games and activities, further develop basic floats and glides, and swim 1 meter.



SALAMANDER

Develop basic floats, improve front and back glides, learn roll-over glides, jumping into chest deep water, and water safety.



SUNFISH

Learn to swim 5 metres, increase distance using buoyant objects, improve basic floats and rollovers, and introduce deep-water skills and use of a personal flotation device.



**PRESCHOOL**  
Ages  
3 years –  
5 years



CROCODILE



WHALE

Begin to go into deeper water, perform surface support, and begin using rhythmic breathing. Progress with kicking drills and increase their swimming distance.

## swim kids.



Ages  
5 – 12 years

Participants are evaluated based on performance criteria and progress to the next level once all criteria has been successfully completed.

**SWIM KIDS 1** An orientation to water and the pool area and work on floats, glides and kicking.

**SWIM KIDS 2** Work on propulsion skills to move through the water and to remain at the surface. Introduction to deep water.

**SWIM KIDS 3** Introduction to diving, and teaches swimmers how to make wise choices about where and when to swim.

**SWIM KIDS 4** Introduction to front crawl (10m) and back swim with shoulder roll (15m). Swimmers work on kneeling dives, surface support (45 seconds, deep water) and developing a greater sense of self-safety by understanding their own limits.

**SWIM KIDS 5** Introduction to back crawl (15m), sculling, whip kick on the back, stride dives and treading water. Safe boating skills is also included.

**SWIM KIDS 6** Refines front crawl with a focus on hand entry and breathing (25m), back crawl with a focus on arm positions and body roll (25m), and introduces elementary backstroke (15m) and safety skills.

**SWIM KIDS 7** Refine basic swim strokes and introduce whip kick on the front. Learn about airway and breathing obstructions, reaching assists and stride entry.

**SWIM KIDS 8** Introduction to breast stroke (15m) and feet-first surface dives. Learn about the dangers of open water, hypothermia, rescue breathing and shallow dives.

**SWIM KIDS 9** Refines basic swim strokes and the combination of different kicks for fitness (3 minutes). Work on head-first surface dives and water safety.

**SWIM KIDS 10** Final assessment of the strokes for technique and distance. Learn about sun safety, rescue of others from ice, and head-first and feet-first surface dives.

## teen programs.



Ages  
13 - 17

**TEEN SWIM** This program is designed for teens who want to improve their swimming abilities and lifesaving skills.

## adult programs.



Ages  
18 +

**ADULT SWIM BASICS** A 40-minute program for adults designed to develop or increase swimmer comfort in the water through basic floatation, movement and breathing skills Red Cross Swim Basics offers an introduction to swimming with a focus on front swim.

**ADULT INTERMEDIATE** Red Cross Adult Intermediate is a stand-alone stroke development program for adults who can swim up to 50 metres continuously. The program is designed to further develop strokes chosen by the swimmer in consultation with the Water Safety Instructor, and increase swimming distances and proficiency.

### RED CROSS PROGRESSION CHART PRESCHOOL TO SWIM KIDS

RED CROSS PRESCHOOL	LEVEL WAS MARKED AT	ENROLL IN
STARFISH	complete or incomplete	SWIM KIDS 1
DUCK	complete or incomplete	SWIM KIDS 1
SEA TURTLE	complete or incomplete	SWIM KIDS 1
SEA OTTER	complete or incomplete	SWIM KIDS 1
SALAMANDER	complete or incomplete	SWIM KIDS 1
SUNFISH	incomplete	SWIM KIDS 1
SUNFISH	complete	SWIM KIDS 2
CROCODILE	incomplete	SWIM KIDS 2
CROCODILE	complete	SWIM KIDS 3
WHALE	incomplete	SWIM KIDS 3
WHALE	complete	SWIM KIDS 4

Use this chart to determine which class to register your child in