

The Love of Swimming Starts Here

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. Instructors use progressive teaching techniques adapted to each child and provide constant feedback and encouragement.

Red Cross swimming programs support the Canadian Sport for Life long-term athlete development model. Learning to swim provides the swimmer with the confidence to participate in a range of sports.

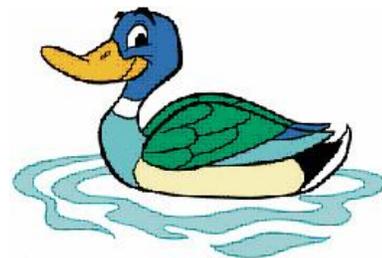


Starfish (4-12 Months)

An orientation to water for babies and their parent/caregiver. To enter this level, babies must be able to hold their head up. Babies experience buoyancy and movement through songs and play in the water. Parents/caregivers learn age-specific water safety and how to respond to a choking conscious person. Evaluation is participation-based.

Duck (12-24 Months)

An orientation to water for toddlers and their parent/caregiver. Swimmers learn how to use floating objects for support and explore different water movements through games, songs and active play. The parent/caregiver learns age-specific water safety and how to prevent choking. Evaluation is participation-based.



Sea Turtle (24-36 months)

In this transition level, parents participate in the water while swimmers gradually transition to being on their own with an instructor. Through fun games and songs, swimmers learn basic floats, glides, and kicks; and begin to combine skills. Evaluation is participation-based.

Sea Otter (3-5 years)

Through fun games and songs, swimmers learn to open their eyes under water, further develop basic floats and glides, swim 1 metre and learn age-appropriate water safety skills. All skills are assisted by the instructor. Evaluation is performance-based.

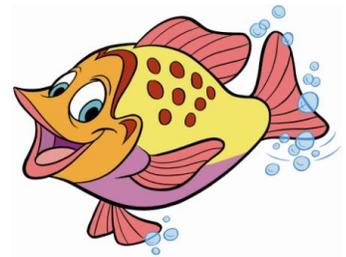


Salamander (3-5 years)

Swimmers enter this level when they have completed Sea Otter. Through fun games and songs, swimmers learn to float, glide and front swim 2 metres on their own! They also learn appropriate water safety skills, how to use a Personal Floatation Device (PFD) and to swim only when an adult is present.

Sunfish (3-6 years)

Swimmers enter this level when they have completed Salamander. 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, use of a Personal Flotation Device (PFD), safe entries and exits, and always asking for permission before going near the water.

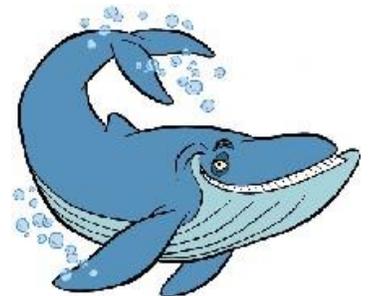


Crocodile (3-6 years)

Swimmers enter this level when they have completed Sunfish. Swimmers learn dolphin kick, swim 5 metres on their front and back, perform kicking drills and increase their 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 Personal Flotation Device (PFD) in deep water.

Whale (3-6 years)

Swimmers enter this level when they have completed Crocodile. Swimmers work on developing their flutter kick and perform a distance swim of 15 metres. Safety skills include identifying safe swimming areas, jumping in to deep water, surface support for 20 seconds, a return to safety, throwing assists and sitting dives.





The Love of Swimming Starts Here

Help your child develop a healthy lifestyle through swimming. Red Cross Swim Kids is for children 5 to 12 years of age. Your child will learn to swim and stay safe in a fun environment that promotes a personal best and celebrates individual success. Children learn swimming and survival strokes, and build their distance and speed, while focusing on making safe decisions in, on and around the water. Swimmers are evaluated on performance and progress to the next level once all criteria have been successfully completed.

Red Cross swimming programs support the Canadian Sport for Life long-term athlete development model. Learning to swim provides the swimmer with the confidence to participate in a range of sports.

Swim Kids 1

(5 years +) Swimmers receive an orientation to the pool area and work on submersion, floating, glides and kicking. Swimmers build endurance by working on the 5m front swim. This is a great level for kids who have never taken swim lessons before or who want to become more comfortable in the water.

Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers learn deep-water activities and proper use of a Personal Floatation Device (PFD). Fitness activities include 10m distance swim and flutter kick.

Swim Kids 2

Swim Kids 3

Swimmers learn front glide/side glide combo to prepare them for front crawl. They are introduced to diving, and learn how to make wise choices about where and when to swim. Endurance is achieved by building strength in flutter kick

and a 15m distance swim.

Swimmers learn front crawl and develop skills needed for back crawl. Swimmers work on kneeling dives, treading water for 45 seconds and a greater sense of self-safety by understanding their own limits in the water. Distance swim of 25m. Upon completion of 25m, swimmers are eligible to register as part of Canada's Swim Team through Getswimming.ca.

Swim Kids 4

Swim Kids 5

This level introduces the back crawl (15m), sculling skills, whip kick, and stride dives. Front crawl increases to 15m. Water safety skills include an introduction to safe boating, self-rescue in cold water, treading water, and how to survive an unexpected fall into water. Distance swim of

50m.

Swimmers refine front crawl with a focus on hand entry and breathing, back crawl with a focus on arm position and body roll. Swimmers learn elementary backstroke, safety on ice, how to recognize a distressed swimmer, and rescue of others with throwing assists. Swimmers demonstrate the front dive and ability to tread water for 1½ minutes. Endurance is built through dolphin kick and a distance swim of 75m.

Swim Kids 6

Swim Kids 7

This level builds skills and endurance in front crawl, back crawl, dolphin kick, and elementary back stroke. Swimmers learn whip kick on their front, reach assists, stride entry, and how to perform choking rescue of a conscious person. Distance swim of 150m.

Swimmers learn breaststroke, feet-first surface dives, dangers of open water, how to deal with hypothermia, perform choking rescue of a conscious person, shallow dives, and eggbeater kick. Technique is practiced over increased distance for front crawl (75m), back crawl (75m) and elementary backstroke. Treading water using eggbeater for 3 minutes improves their ability to remain at the surface in event of an unexpected fall in to water. Distance swim of 300m.

Swim Kids 8

Swim Kids 9

swim of 400m.

Swimmers refine their front crawl (100m), back crawl (100m), side stroke, elementary backstroke and breast stroke (50m), and are encouraged to combine different kicks for fitness (3 mins). They also learn about wise choices, peer influences, self-rescue from ice and head-first surface dives. Distance

This level is a final assessment of stroke technique and distance. Swimmers learn about sun safety, rescue of others from ice, and head-first and feet-first surface dives. Endurance is built using dolphin kick and a distance swim of 500m.

Swim Kids 10



Private lessons are for:

- Swimmers who prefer **one-on-one attention**
- Kids who require extra practice time to **master skills** introduced during regular swim lessons
- Adults who wants to **improve stroke technique, efficiency, and fitness**
- Anyone who wants to **become a better swimmer!**

\$22 per 30 minute lesson

**Subject to instructor availability and available pool space.*

Ask at front desk for dates and times. Register today.