

# Red Cross Swim Kids

Level	Age Group	Ratio	Duration
<b>Level 1</b>	<b>6 years &amp; older</b>	<b>Ratio 1 : 6</b>	<b>30 min</b>
<b>SWIMMING SKILLS</b> <ul style="list-style-type: none"> <li>Breathing</li> <li>Rhythmic breathing, 5 times</li> </ul>	<b>Floats</b> <ul style="list-style-type: none"> <li>Front float and recovery, 3 sec.</li> <li>Back glide with kick, 5 sec.</li> <li>Rollover glides, 6 sec. (assisted)</li> </ul>	<b>FITNESS ACTIVITIES</b> <p>Kicking Drills</p> <ul style="list-style-type: none"> <li>Flutter kick, 10m (assisted)</li> </ul> <p>Distance swim</p> <ul style="list-style-type: none"> <li>5m</li> </ul>	<b>SKILLS &amp; WATER SAFETY</b> <ul style="list-style-type: none"> <li>Site orientation and supervision</li> <li>Emergency medical services</li> <li>Shallow water entries/exits</li> <li>Submerge head</li> <li>Exhale through mouth and / or nose</li> </ul>
<b>Level 2</b>	<b>6 years &amp; older</b>	<b>Ratio 1 : 6</b>	<b>30 min</b>
<b>SWIMMING SKILLS</b> <ul style="list-style-type: none"> <li>Breathing</li> <li>Rhythmic breathing, 10x, 2 ways</li> </ul> <b>Floats</b> <ul style="list-style-type: none"> <li>Front float, 5 sec.</li> <li>Back float, 5 sec.</li> <li>Rollover floats, 6 sec (assisted)</li> </ul>	<b>Glides</b> <ul style="list-style-type: none"> <li>Front glide with flutter kick, 3 x 5m (one lesson)</li> <li>Back glide with flutter kick, 3 x 5m (one lesson)</li> <li>Side glide with flutter kick, 3m (one lesson)</li> <li>Rollover glide with flutter kick, 6 sec.</li> </ul>	<b>FITNESS ACTIVITIES</b> <p>Kicking Drills</p> <ul style="list-style-type: none"> <li>Flutter kick, 15m (assisted)</li> </ul> <p>Distance swim</p> <ul style="list-style-type: none"> <li>10m</li> </ul>	<b>SKILLS &amp; WATER SAFETY</b> <ul style="list-style-type: none"> <li>Site rules</li> <li>Introduction to PFD/Life jacket</li> <li>Weight transfer – shallow water</li> <li>Deep water activities (assisted)</li> </ul>
<b>Level 3</b>	<b>6 years &amp; older</b>	<b>Ratio 1 : 6</b>	<b>30 min</b>
<b>SWIMMING SKILLS</b> <ul style="list-style-type: none"> <li>Breathing</li> <li>Rhythmic breathing, 15 times</li> </ul> <b>Glides</b> <ul style="list-style-type: none"> <li>Front glide with flutter kick, 3 x 10m (one lesson)</li> </ul>	<ul style="list-style-type: none"> <li>Back glide with flutter kick, 3 x 10m (one lesson)</li> <li>Side glide with flutter kick, 5 sec.</li> <li>Front glide/ side glide combo</li> <li>Front crawl. 3 x 5m</li> </ul>	<b>FITNESS ACTIVITIES</b> <p>Kicking Drills</p> <ul style="list-style-type: none"> <li>Flutter kick, 3 x 15m (assisted)</li> </ul> <p>Distance swim</p> <ul style="list-style-type: none"> <li>15m</li> </ul>	<b>SKILLS &amp; WATER SAFETY</b> <ul style="list-style-type: none"> <li>When and where to swim</li> <li>Weight transfer, shallow water</li> <li>Deep end floats, 5 sec.</li> <li>Change direction, deep water</li> <li>Surface support, 20 sec., deep water</li> <li>Sitting dive</li> </ul>
<b>Level 4</b>	<b>6 years &amp; older</b>	<b>Ratio 1 : 6</b>	<b>30 min</b>
<b>SWIMMING SKILLS</b> <ul style="list-style-type: none"> <li>Breathing</li> <li>Rhythmic breathing, 15 times (front crawl specific)</li> </ul>	<b>Glides</b> <ul style="list-style-type: none"> <li>Front glide/side glide combo</li> <li>Back glide and kick and shoulder roll, 3 x 10m (one lesson)</li> <li>Front crawl, 3 x 10m (one lesson)</li> </ul>	<b>FITNESS ACTIVITIES</b> <p>Kicking Drills</p> <ul style="list-style-type: none"> <li>Flutter kick, 3 x 15m</li> </ul> <p>Distance swim</p> <ul style="list-style-type: none"> <li>25m</li> </ul>	<b>SKILLS &amp; WATER SAFETY</b> <ul style="list-style-type: none"> <li>Self safety</li> <li>How to contact EMS</li> <li>Safe diving</li> <li>Disorienting entries</li> <li>Kneeling dive</li> <li>Surface support, deep water, 45 sec.</li> </ul>
<b>Level 5</b>	<b>6 years &amp; older</b>	<b>Ratio 1 : 8</b>	<b>45 min</b>
<b>SWIMMING SKILLS</b> <ul style="list-style-type: none"> <li>Rhythmic breathing, 15 times, 2 ways</li> </ul>	<b>Glides</b> <ul style="list-style-type: none"> <li>Front crawl, 3 x 15m (one lesson)</li> <li>Back crawl, 3 x 15m (one lesson)</li> <li>Intro to whip kick on back, 3 x 5m (one lesson)</li> </ul>	<b>FITNESS ACTIVITIES</b> <p>Kicking Drills</p> <ul style="list-style-type: none"> <li>Dolphin kick, 3 x 5m</li> </ul> <p>Distance swim</p> <ul style="list-style-type: none"> <li>50m</li> </ul>	<b>SKILLS &amp; WATER SAFETY</b> <ul style="list-style-type: none"> <li>How to be a safe boater</li> <li>Staying warm</li> <li>Cold water HELP/HUDDLE</li> <li>Intro to sculling, shallow water</li> <li>Tread water, 1min.</li> <li>Stride entry</li> </ul>

Level	6 years & older	Ratio 1 : 8	45 min
<b>Level 6</b>	<b>6 years &amp; older</b>	<b>Ratio 1 : 8</b>	<b>45 min</b>
<b>SWIMMING SKILLS</b> <ul style="list-style-type: none"> <li>• Front crawl, 3 x 25m (one lesson)</li> <li>• Back crawl, 3 x 25m (one lesson)</li> <li>• Elementary back stroke, 3 x 15m (one lesson)</li> </ul>	<b>FITNESS ACTIVITIES</b> Kicking Drills <ul style="list-style-type: none"> <li>• 3 x 25m</li> </ul> Distance swim <ul style="list-style-type: none"> <li>• 50m</li> </ul>	<b>SKILLS &amp; WATER SAFETY</b> <ul style="list-style-type: none"> <li>• Causes of boating incidents</li> <li>• When and where to go on ice</li> <li>• Victim recognition and simulation</li> <li>• Throwing assist without a line</li> </ul>	<ul style="list-style-type: none"> <li>• Head-first sculling on back, 5m</li> <li>• Tread water, deep water, 90 sec.</li> <li>• Front dive</li> </ul>
<b>Level 7</b>	<b>6 years &amp; older</b>	<b>Ratio 1 : 8</b>	<b>45 min</b>
<b>SWIMMING SKILLS</b> <ul style="list-style-type: none"> <li>• Front crawl, 50m (one lesson)</li> <li>• Back crawl, 50m (one lesson)</li> <li>• Elementary back stroke, 3 x 25m (one lesson)</li> <li>• Front scull, 3 x 5m (one lesson)</li> </ul>	<ul style="list-style-type: none"> <li>• Whip kick on front, arms extended, 3 x 15m (one lesson)</li> </ul>	<b>FITNESS ACTIVITIES</b> <ul style="list-style-type: none"> <li>• Eggbeater/tread water, stationary 3 min.</li> </ul> Distance swim <ul style="list-style-type: none"> <li>• 150m</li> </ul>	<b>SKILLS &amp; WATER SAFETY</b> <ul style="list-style-type: none"> <li>• Partial and complete airway obstruction</li> <li>• Choking rescue – conscious person</li> <li>• Throwing assist with a line</li> <li>• Reaching assist with an aid</li> <li>• Head-first sculling on back, 10m</li> </ul>
<b>Level 8</b>	<b>6 years &amp; older</b>	<b>Ratio 1 : 10</b>	<b>60 min</b>
<b>SWIMMING SKILLS</b> <ul style="list-style-type: none"> <li>• Front crawl, 75m</li> <li>• Back crawl, 75m</li> </ul>	<ul style="list-style-type: none"> <li>• Elementary back stroke, 50m</li> <li>• Breast stroke, 3 x 25m (one lesson)</li> </ul>	<b>FITNESS ACTIVITIES</b> Activity <ul style="list-style-type: none"> <li>• Eggbeater/tread water, stationary 3 min.</li> </ul> Kicking Drills <ul style="list-style-type: none"> <li>• Dolphin kick, 3 x 10m</li> </ul> Distance swim <ul style="list-style-type: none"> <li>• 300m</li> </ul>	<b>SKILLS &amp; WATER SAFETY</b> <ul style="list-style-type: none"> <li>• Hypothermia</li> <li>• Dangers on open water</li> <li>• Rescue breathing, adult and child</li> <li>• Feet-first surface dive</li> <li>• Stride entry</li> </ul>
<b>Level 9</b>	<b>6 years &amp; older</b>	<b>Ratio 1 : 10</b>	<b>60 min</b>
<b>SWIMMING SKILLS</b> <ul style="list-style-type: none"> <li>• Front crawl, 100m</li> <li>• Back crawl, 100m</li> <li>• Elementary back stroke, 50m</li> </ul>	<ul style="list-style-type: none"> <li>• Breast stroke, 3 x 25m (one lesson)</li> </ul>	<b>FITNESS ACTIVITIES</b> Activity <ul style="list-style-type: none"> <li>• Traveling legs, 3 min.</li> <li>• Stroke drill combinations</li> </ul> Distance swim <ul style="list-style-type: none"> <li>• 400m</li> </ul>	<b>SKILLS &amp; WATER SAFETY</b> <ul style="list-style-type: none"> <li>• Wise choice – peer influence</li> <li>• Complication of rescue breathing</li> <li>• Boating regulations</li> <li>• Self-rescue – fallen through ice</li> <li>• Head-first surface dive</li> <li>• Standing shallow dive</li> </ul>
<b>Level 10</b>	<b>6 years &amp; older</b>	<b>Ratio 1 : 10</b>	<b>60 min</b>
<b>SWIMMING SKILLS</b> <ul style="list-style-type: none"> <li>• Front crawl, 100m</li> <li>• Back crawl, 100m</li> <li>• Elementary back stroke, 50m</li> <li>• Breast stroke, 50m</li> </ul>	<b>FITNESS ACTIVITIES</b> Kicking drills <ul style="list-style-type: none"> <li>• Dolphin kick (vertical) 3 x 10 sec.</li> </ul>	Strokes <ul style="list-style-type: none"> <li>• Butterfly drill, 3 x 10m</li> <li>• Sidestroke</li> </ul> Distance swim <ul style="list-style-type: none"> <li>• 500m</li> </ul>	<b>SKILLS &amp; WATER SAFETY</b> <ul style="list-style-type: none"> <li>• Sun smart</li> <li>• Ice rescue from safe zone</li> <li>• Statistically Speaking: drowning</li> <li>• Next steps</li> <li>• Head/feet first surface dive with underwater swim 2m</li> </ul>