

Aquatics

Red Cross Swim Pre-School

Starfish & Duck Level	6 months – 30 months (with parent or adults)	Ratio 1 : 4	30 min
DESCRIPTION			

- Orientation to the water for babies, toddlers and their parent / caregiver.
- Swimmers learn how to use floating objects for support through games, songs and active water play
The parent/caregiver also learns age-specific water safety
- This level is participation-based only, without formal evaluation.

Sea Turtle Level	30 months – 4 years (with parent or adults)	Ratio 1 : 4	30 min
DESCRIPTION			

- This program is parented for the entire session.
- Age is the only condition for entering this level. Children 30 months-4 years old who have not previously taken swimming lessons enter the program at this level.
- Swimmers learn, through fun games and songs, the basics of the front swim, how to kick, jump into chest-deep water, hold breath and blow bubbles under water. Safety skills include awareness of deep water and safe entries.
- Participants are evaluated based on performance criteria and progress to Sea Otter only once all criteria have been successfully completed.

Sea Otter Level	3 – 6 years (with parent or adult)	Ratio 1 : 4	30 min
DESCRIPTION			

- This program is parented for a portion of the session.
- Swimmers enter this level if they have successfully completed Sea Turtle
- Swimmers learn to swim 1 metre, safe entries/ exits, opening eyes, rhythmic breathing, front and back floats for 3 sec, front glide for 3 sec, and using Personal Floatation Device (PFD0). Games and songs enhance the fun of this class.

Salamander Level

3 – 6 years

Ratio 1 : 4

30 min

DESCRIPTION

- Swimming skills development.
- Swimmers enter this level if they have successfully completed Sea Otter.
- Swimmers learn to swim 2 metres, stay afloat for 5 seconds, open eyes under water, float without assistance and jump into chest-deep water. Safety skills include choosing floating objects for assistance, and using a Personal Flotation Device (PFD). Games and songs enhance the fun of the class.
- Swimmers are evaluated based on performance criteria and progress to Sunfish only once all criteria have been successfully completed.

Sunfish Level

3 – 6 years

Ratio 1 : 4

30 min

DESCRIPTION

- Swimming skills development.
- Swimmers enter this level if they have successfully completed Salamander.
- Swimmers learn to swim 5 metres, float without assistance in deep water, and jump into chest-deep water while maintaining surface support for 10 seconds. Safety skills include deep-water skills and use of a Personal Flotation Device (PFD). Games and songs are part of the class.
- Swimmers are evaluated based on performance criteria and progress to Crocodile only once all criteria have been successfully completed.

Crocodile Level

3 – 6 years

Ratio 1 : 4

30 min

DESCRIPTION

- Swimming skills development.
- Swimmers enter this level if they have successfully completed Sunfish.
- Swimmers learn, through songs and other fun activities, to swim 10 metres on their front and back, perform a sitting dive, jump into deep water and begin using rhythmic breathing. Safety skills include recognizing when a swimmer needs help.
- Swimmers are evaluated based on performance criteria and progress to Whale only once all criteria have been successfully completed.

Whale

3 – 6 years

Ratio 1 : 4

30 min

DESCRIPTION

- Swimming skills development.
- Swimmers enter this level if they have successfully completed Crocodile.
- Swimmers learn, through fun activities, to swim 15 metres, jump into chest-deep water while maintaining surface support for 20 seconds, and perform a front crawl 10 metres and back swim for 5 metres. Safety skills include identifying safe swimming areas, jumping into and changing direction in deep water.
- Swimmers are evaluated based on performance criteria and complete the program only once all criteria have been achieved. Children 6 years old or older are ready for the appropriate level of Red Cross Swim Kids.