

Red Cross Swim Kids (6 to 12 years of age)

10 Level Program



Red Cross Swim Kids 1	Swimmers receive an orientation to water and the pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the 5 metre front swim.
Red Cross Swim Kids 2	Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers work on the front swim (5 metres) and learn about deep-water activities and proper use of a Personal Flotation Device (PFD). Fitness activities include the 10 metre flutter kick and a 10 metre distance swim.
Red Cross Swim Kids 3	This level provides an introduction to diving and teaches swimmers how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15 metre swim.
Red Cross Swim Kids 4	This level introduces the front crawl (10 metre) and back swim with shoulder roll (15 metre). Swimmers work on kneeling dives, surface support (45 seconds, deep water) and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25 metre swim.
Red Cross Swim Kids 5	This level introduces the back crawl (15 metre), sculling skills, whip kick on the back, stride dives and treading water. Front crawl increases to 15 metres. An introduction to safe boating skills is also included. Endurance is developed through a 50 metre swim.
Red Cross Swim Kids 6	This level refines front crawl with a focus on hand entry and breathing (25 metre), back crawl with a focus on arm positions and body roll (25 metre) and introduces elementary backstroke (15 metre), safety on ice and rescue of other with throwing assists. Swimmers demonstrate the front dive and their ability to tread water in deep water for 1 1/2 minutes. Endurance is built through dolphin kick and a 75 metre swim.
Red Cross Swim Kids 7	This level builds skills and endurance for the front crawl (50 metre), back crawl (50 metre) and elementary back stroke (25 metre) and introduces whip kick on the front. Swimmers learn about airway and breathing obstructions, reach assists and stride entry. Swimming endurance is increased to a 150 metre swim.
Red Cross Swim Kids 8	This level is an introduction to breast stroke (15 metre) and feet-first surface dives. Swimmers learn about the dangers of open water, hypothermia, the performance of rescue breathing on children and adults and standing shallow dives. Swimmers participate in timed treading water activities using the eggbeater skill for 3 minutes to improve their ability to remain at the surface in the event of an unexpected fall into water. Endurance is built on a 300 metre swim. Front crawl and back crawl distances are increased to 75 metres each.
Red Cross Swim Kids 9	This level refines the front crawl (100 metre), back crawl (100 metre), elementary back stroke (50 metre) and breast stroke (25 metre) and encourages swimmers to combine different kicks for fitness (3 min). They also work on head-first surface dives and learn about wise choices, peer influences and self-rescue from ice. Endurance is built through a 400 metre swim.
Red Cross Swim Kids 10	This level is a final assessment of the strokes for technique and distance (front crawl 100 metre, back crawl 100 metre, elementary back stroke 50 metre, breast stroke 50 metre and sidestroke 25 metre). Swimmers learn about sun safety, rescue of others from ice and head-first and feet-first surface dives. Endurance is built using the dolphin kick (vertical) and a 500 metre swim.