




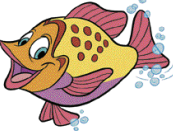




Red Cross Swim Preschool

8-LEVEL PROGRAM FOR CHILDREN 4 MONTHS TO 5 YEARS OF AGE		
	STARFISH 4 TO 12 MONTHS	<ul style="list-style-type: none"> Orientation to water for babies and their parent/caregiver. To enter this level, babies must be able to hold their head up. The goals are to help babies experience buoyancy and movement through songs and play in the water and to teach the parent/caregiver age-specific water safety.
	DUCK 12 TO 24 MONTHS	<ul style="list-style-type: none"> 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 water play. The parent/caregiver also learns age-specific water safety.
	SEA TURTLE 24 TO 36 MONTHS	<ul style="list-style-type: none"> Orientation to water for toddlers and their parent/caregiver. Swimmers learn, through fun games and songs how to combine skills, how to kick with a buoyant object and how to perform basic floats, glides and kicks.
	SEA OTTER 3 TO 5 YEARS	<ul style="list-style-type: none"> Transitional level that transfers the preschooler to the care of the Instructor within the first three classes. All skills are assisted by the Instructor. Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides and swim 1 metre. They also learn age-appropriate water safety skills. Swimmers are evaluated based on performance criteria and progress to Salamander once all criteria have been successfully completed.
	SALAMANDER 3 TO 5 YEARS	<ul style="list-style-type: none"> Using games and activities, swimmers learn to swim 2 metres, further develop basic floats and increase their distance on front and back glide. Front swim and roll-over glide are also included and swimmers learn appropriate water safety skills such as how to jump into chest-deep water and how to use a Personal Flotation Device (PFD). Safety skills development includes water orientation, safe entries and exits and only swimming when an adult is present. Swimmers are evaluated based on performance criteria and progress to Sunfish once all criteria have been successfully completed.
	SUNFISH 3 TO 5 YEARS	<ul style="list-style-type: none"> Using games and activities, 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 and use of Personal Flotation Device (PFD). Safety skills development such as water orientation, safe entries and exits and always asking for permission before going near the water. Swimmers are evaluated based on performance criteria and progress to Crocodile once all criteria have been successfully completed
	CROCODILE 3 TO 5 YEARS	<ul style="list-style-type: none"> Through games and other fun activities, swimmers learn to swim 5 metres on their front and back, perform a dolphin kick and begin using rhythmic breathing. They also progress with kicking drills and increase their swimming 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. Swimmers are evaluated based on performance criteria and progress to Whale once all criteria have been successfully completed.
	WHALE 3 TO 5 YEARS	<ul style="list-style-type: none"> Through fun activities, swimmers perform a front and back swim for 10 metres. Swimmers work on developing their flutter kick and perform a distance swim of 15 metres. Safety skills include identifying safe swimming areas, jumping into deep water, swimming 5 metres, surface support for 20 seconds and return to safety, throwing assists and sitting dives. Swimmers are evaluated based on performance criteria and progress to Swim Kids Level 3 once all criteria have been successfully completed.