



RED CROSS SWIM PRESCHOOL

Red Cross Swim Preschool

The love of swimming starts here

When you choose the Red Cross Swim Preschool program, you're getting:

- **A program based on research**
- **Proven excellence in teaching**
- **Age-appropriate learning through games and songs**
- **A focus on your child's safety and comfort**

8-level program for children 4 months to 6 years of age

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. Each level is built around an aquatic animal mascot, which makes lessons engaging and fun. The Instructor uses progressive teaching techniques adapted to each child and provides constant feedback and encouragement.

Parents will participate in the classes with their child for the first three levels. Children enter a level based on their age and abilities:

Name	Age	Description
RCSP Starfish	4-12 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. ▪ This level is participation-based only, without formal evaluation.
RCSP Duck	12-24 months	<ul style="list-style-type: none"> ▪ Orientation to water for toddlers and their parent/caregiver. ▪ Age is the only condition for entering this level. ▪ 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. ▪ This level is participation-based only, without formal evaluation.
RCSP Sea Turtle	24-36 months	<ul style="list-style-type: none"> ▪ Orientation to water for toddlers and their parent/caregiver. ▪ Age is the only condition for entering this level. ▪ 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.

		<ul style="list-style-type: none"> ▪ This level is participation-based only, without formal evaluation.
RCSP Sea Otter	3-6 years	<ul style="list-style-type: none"> ▪ Transitional level that transfers the preschooler to the care of the Instructor. All skills are assisted by the Instructor. ▪ Swimmers enter this level when they are 3 years of age ▪ 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.
RCSP Salamander	3-6 years	<ul style="list-style-type: none"> ▪ Swimmers enter this level when they have successfully completed Sea Otter. ▪ 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.
RCSP Sunfish	3-6 years	<ul style="list-style-type: none"> ▪ Swimmers enter this level when they have successfully completed Salamander. ▪ 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 a 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.
RCSP Crocodile	3-6 years	<ul style="list-style-type: none"> ▪ Swimmers enter this level when they have successfully completed Sunfish. ▪ 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.
RCSP Whale	3-6 years	<ul style="list-style-type: none"> ▪ Swimmers enter this level when they have successfully completed Crocodile. ▪ 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.

		<ul style="list-style-type: none">▪ Safety skills include identifying safe swimming areas, jumping into deep water, swimming 5m, surface support for 20 seconds a return to safety, throwing assists and sitting dives.▪ Swimmers are evaluated based on performance criteria and complete the program once all criteria have been achieved. Children 5 years or older are ready for the appropriate level of Red Cross Swim Kids.
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Participation in Red Cross Swim may qualify you for the Children's Fitness Tax Credit.



RED CROSS SWIM KIDS

Red Cross Swim Kids

A healthy life through swimming

When you choose the Red Cross Swim Kids program, you're getting:

- **A program based on research**
- **Proven excellence in teaching**
- **Strokes and safety skills– the combination that saves lives**
- **A focus on fitness and personal performance**

10-level program for children 5 to 12 years of age

Help your child develop a healthy lifestyle through swimming. Your child will learn to swim and stay safe in a fun environment that promotes a personal best and celebrates individual success.

The 10 levels allow for solid progression. Children learn competitive and survival strokes, and build their distance and speed, while focusing on making safe decisions in, on and around the water.

In each level, participants are evaluated based on performance criteria and progress to the next level once all criteria have been successfully completed.

Level	Description
RCSK 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 5m front swim.
RCSK 2	Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers work on the front swim (5m) and learn about deep-water activities and proper use of a Personal Flotation Device (PFD). Fitness activities include the 10m flutter kick and a 10m distance swim.
RCSK 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.
RCSK 4	This level introduces the front crawl (10m) and back swim with shoulder roll (15m). 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 25m swim.
RCSK 5	This level introduces the back crawl (15m), sculling skills, whip kick on the back, stride dives and treading water. Front crawl increases to 15m. An introduction to safe boating skills is also included. Endurance is developed through a 50m swim.
RCSK 6	This level refines front crawl with a focus on hand entry and breathing (25m), back crawl with a focus on arm positions and body roll (25m), and introduces elementary backstroke (15m), safety on ice, and rescue of others with throwing assists. Swimmers demonstrate the front dive and their ability to tread water in deep water for 1½ minutes. Endurance is built through dolphin kick and a 75m swim.

RCSK 7	This level builds skills and endurance for the front crawl (50m), back crawl (50m) and elementary back stroke (25m) 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 150m swim.
RCSK 8	This level is an introduction to breast stroke (15m) 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 300m swim. Front crawl and back crawl distances are increased to 75m each.
RCSK 9	This level refines the front crawl (100m), back crawl (100m), elementary back stroke (50m) and breast stroke (25m), and encourages swimmers to combine different kicks for fitness (3 mins). 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 400m swim.
RCSK 10	This level is a final assessment of the strokes for technique and distance (front crawl 100m, back crawl 100m, elementary back stroke 50m, breast stroke 50m and sidestroke 25m). 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 500m swim.

Participation in Red Cross Swim may qualify you for the Children's Fitness Tax Credit.



RED CROSS SWIM FOR ADULTS

Red Cross Swim Programs for Adults

Stay fit and healthy through swimming

When you choose the Red Cross Swim program, you're getting:

- **A program based on research**
- **Proven excellence in teaching**
- **Programs designed to support you in achieving a healthy and fit lifestyle**
- **A focus on your personal needs**

Three components designed to meet your needs

Learn to swim in Red Cross Swim Basics 1 and 2, develop or improve strokes in Red Cross Swim Strokes, and sample a variety of aquatic activities in Red Cross Swim Sports. The program is customized to your individual goals and rate of progress.

Course	Description
Red Cross Swim Basics 1	We help increase your comfort level and confidence in the water through floats, glides, kicking and swimming. Work with your Water Safety Instructor to set goals to develop your swimming skills. An introduction to swimming with a focus on front swim.
Red Cross Swim Basics 2	We help increase your comfort level and confidence in the water through floats, glides, kicking and swimming. Work with your Water Safety Instructor to set goals to develop your swimming skills. This course focuses on developing the front and back crawl, establishing comfort in deep water, and increasing the swimming distance.
Red Cross Swim Strokes	We help you develop one or more swimming strokes, working toward proficiency and increased endurance. Work with your Water Safety Instructor to choose the strokes and set your goals and priorities. If you are interested in developing your strokes so that you can train for a triathlon, this is the ideal course for you.
Red Cross Swim Sports	The Red Cross Swim Sports modules are designed as an “aquatic sampler” that introduces you to some of the fundamental skills of a variety of sports. Each sport includes two fun and interactive lessons in the water. Sports include: Boating, Diving, Lifesaving Sport, Surfing & Boogie Boarding, Swim Workout, Synchronized Swimming, Triathlon Swim, Underwater Hockey, and Water Polo.



RED CROSS SWIM FOR TEENS

Red Cross Swim Programs for Teens

Jump in and join the fun

When you choose Red Cross Swim, you're getting programs designed to support you in achieving a healthy and fit lifestyle with a focus on your personal needs.

Three components for teens

Whether you are just starting out, want to improve your skills or simply try something new, the three components of our swimming program for teens has something for you. You can learn to swim in Red Cross Swim Basics 1 and 2, or improve your strokes through Red Cross Swim Strokes. If you are looking to try some new, fun aquatic activities and sports, then choose Red Cross Swim Sports.

Course	Description
Red Cross Swim Basics 1	For those starting to swim, we help you increase your comfort and confidence in the water and build skills for swimming. An introduction to swimming with a focus on front swim.
Red Cross Swim Basics 2	A focus on developing front and back crawl, establishing comfort in deep water, and increasing the swimming distance.
Red Cross Swim Strokes	Set your own goals and priorities with the Instructor and develop one or more swimming strokes. Instructors will work directly with you to improve your endurance and increase your swimming distance and speed. If you are interested in training for a triathlon, this is the ideal course for you. This program can also help you improve your skills before taking the Water Safety Instructor course.
Red Cross Swim Sports	Red Cross Swim Sports modules offer you an opportunity to try and learn the fundamental skills of a variety of sports. The focus is on having fun with your friends and peers and trying new activities. Sports include: Boating, Diving, Lifesaving Sport, Surfing & Boogie Boarding, Swim Workout, Synchronized Swimming, Triathlon Swim, Underwater Hockey, and Water Polo.

Participation in Red Cross Swim may qualify you for the Children's Fitness Tax Credit if you're less than 16 years of age.



INSTRUCTOR DEVELOPMENT PROGRAM

Turn your aquatics skills into a career

Become a Water Safety Instructor

When you choose the Red Cross Instructor Development program, you're getting:

- **A program based on research**
- **Proven excellence in teaching**
- **Solid practical and theoretical knowledge**
- **A focus on preparing Water Safety Instructors to teach the Red Cross Swim programs**

The love of swimming in others can start with you. Become a Red Cross Water Safety Instructor and teach all Red Cross Swim programs to various age groups, from infants to adults.

The Red Cross offers Canada's most comprehensive courses designed to train you to become a Swimming and Water Safety Instructor. Our research has enabled us to build a course that focuses on the fundamentals of teaching. The skills you learn with us can prepare you for future employment in aquatics, recreation and numerous other fields. Certifications are recognized Canada-wide.

Assistant Water Safety Instructor (AWSI) Course

30-hour program (+ 6.75 - 8 hours teaching experience) for ages 15 years and up

- Candidates must enter with Red Cross Swim Kids Level 10 skills
- Prerequisite to the Red Cross Water Safety Instructor course
- Covers the foundation of instructional skills, including teaching methods, learning styles, physical principles, progressions, communication, safety supervision and feedback. Candidates are evaluated during 6.75 - 8 hours of assistant teaching and through individual study assignments.
- Upon successful completion of the course, candidates are certified as Assistant Water Safety Instructors, which enables them to co-teach the Red Cross Swim programs under the supervision of a fully certified Water Safety Instructor anywhere in Canada.
- The certified Assistant Water Safety Instructor has demonstrated the ability to perform all strokes and skills in Red Cross Swim and has the knowledge to:
 - Teach swimming strokes and water safety skills using proven progressions
 - Identify errors in swimming strokes and water safety skills and provide effective feedback to correct errors
 - Identify and prevent potentially unsafe situations in Red Cross Swim lessons
- The AWSI certification is current for two years.

Water Safety Instructor (WSI) Course

25-hour program (+ 9 - 11 hours teaching experience) for ages 15 years and up

- Prerequisite: Assistant Water Safety Instructor certification
- This course further develops instructional ability by focusing on how to effectively plan and teach the Red Cross Swim program continuum. Other topics include instructional emergency response skills and stroke development, drills, and corrective strategies. Candidates apply their teaching skills and knowledge during 9 - 11 hours of practical teaching experience.
- Upon successful completion of the course, candidates are certified as Water Safety Instructors and can teach the Red Cross Swim program anywhere in Canada.
- The certified Water Safety Instructor can:
 - Effectively plan, teach and evaluate Red Cross Swim lessons
 - Use proven progressions for stroke development and correction
 - Keep swimmers safe while teaching them how to swim and play safely
- Water Safety Instructors are required to recertify every two years to maintain a current certification.
- The Water Safety Instructor certification is recognized as a prerequisite certification for additional certifications with Red Cross partner organizations.