



Red Cross Water Safety Courses and Class Descriptions

Placement in Red Cross Swim programs depends on many variables including age, skill proficiency, previous experience and readiness. The following is a guide only.

Please refer to the Aquatic [Program Schedule](#) for current programs offered by the YWCA St. Thomas-Elgin as a Canadian Red Cross Training Partner.

RED CROSS SWIM PRESCHOOL

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. At each level of the program, your child will acquire skills and knowledge relating to swimming, fitness and water safety. The Instructor uses progressive teaching techniques adapted to each child and provides constant feedback and encouragement. Parents/caregivers will participate in the classes with their child for the first two or three levels depending on the facility. Children enter a level based on their age and abilities.

Starfish (4-12 months, able to hold head up and participating with a caregiver)



Orientation to water for babies and their parent/caregiver. 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. Babies and caregivers work on getting wet, front, back and vertical position in the water and shallow water entries and exits. This level is participation-based only, without formal evaluation.

Duck (12-24 months, participating with a caregiver)



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. Babies and their caregivers work on rhythmic breathing, moving forward and backward, front and back float with recovery and shallow water entries and exits. This level is participation-based only, without formal evaluation.

Sea Turtle (24-36 months, participating with a caregiver)



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. This level is participation-based only, without formal evaluation.

Sea Otter (3-5 years)



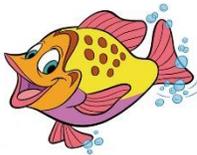
Transitional level that transfers the preschooler to the care of the Instructor. Swimmers enter this level when they are 3 years of age. Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides and swim 1 metre. Swimmers are evaluated based on performance criteria.

Salamander (3-5 years)



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 lifejacket/Personal Flotation Device (PFD). Swimmers are evaluated based on performance criteria.

Sunfish (3-6 years)



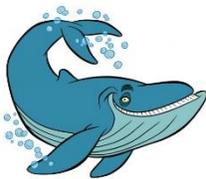
Swimmers enter this level when they have successfully completed Salamander. Using games and activities, swimmers learn to swim 5 metres, increase their distance using buoyant objects, increase their front and back glide with kick, and develop their roll-over glide, side glide and front swim. Safety skills include deep-water skills and use of a lifejacket/Personal Flotation Device (PFD). Swimmers are evaluated based on performance criteria.

Crocodile (3-6 years)



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. Swimmers are evaluated based on performance criteria.

Whale (3-6 years)



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. 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.

RED CROSS SWIM KIDS

Red Cross Swim Kids 1-10 for children 5-12 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 swimming 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.

Red Cross Swim Kids 1 (at least 5 years of age, no previous swimming experience)

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.

Red Cross Swim Kids 2 (at least 5 years of age, completion of Swim Kids 1 OR Sunfish)

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 lifejacket/Personal Flotation Device (PFD). Fitness activities include the 10m flutter kick and a 10m distance swim.

Red Cross Swim Kids 3 (at least 5 years of age, completion of Swim Kids 2 OR Crocodile)

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 15m swim.

Red Cross Swim Kids 4 (at least 5 years of age, completion of Swim Kids 3 OR of Whale)

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.

Red Cross Swim Kids 5 (at least 5 years of age, completion of Swim Kids 4)

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.

Red Cross Swim Kids 6 (at least 5 years of age, completion of Swim Kids 5)

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 back stroke (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.

Red Cross Swim Kids 7 (at least 5 years of age, completion of Swim Kids 6)

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 obstructions, reach assists and stride entry. Swimming endurance is increased to a 150m swim.

Red Cross Swim Kids 8 (at least 5 years of age, completion of Swim Kids 7)

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 choking rescues 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.

Red Cross Swim Kids 9 (at least 5 years of age, completion of Swim Kids 8)

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.

Red Cross Swim Kids 10 (at least 5 years of age, completion of Swim Kids 9)

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.

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.

RED CROSS SWIM FOR ADULTS & TEENS

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

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.