

RED CROSS SWIM PROGRAM



As part of the Red Cross commitment to offer high quality training to the public, the Red Cross Water Safety program has undergone revisions based on extensive market research and pilot projects. The City of Prince Albert implemented the new Red Cross Swim program at our facilities in 2006.

The City of Prince Albert offers the Red Cross Swim Preschool Program beginning with the Sea Turtle Class for children aged twenty-four months and older. Preschool levels are built around an aquatic animal theme and has its own mascot, making learning engaging and fun for young children.

Red Cross Swim Kids is a 10 level program for children ages 6 and up that will help swimmers develop all six swimming strokes (front and back crawl, elementary back stroke, breast stroke, butterfly, sidestroke), activity learn how to be safe around the water and increase their fitness and endurance through fun activities. Children will be challenged to achieve personal best in distance and time, which will be a strong motivator through all 10 levels. Red Cross Swim Kids teaches more than swimming skills—it allows kids to strive for and reach their personal best.

RED CROSS SWIM PRESCHOOL AGES 2 YRS+ (parent assisted)

During The Sea Turtle Preschool Class, the parent or caregiver will participate in the class together with their child. Progression is based on participation and age.

SEA TURTLE Ages 24 months+ Parent Assisted
This level develops skills in swimming, glides and floating and builds awareness of deep water and safe entries.



RED CROSS SWIM PRESCHOOL AGES 3-5 YRS (unparented)

Salamander, Sunfish, Crocodile and Whale are unparented and the children will be with the instructor at all times. Progression is based on skill evaluation.

SALAMANDER Ages 3-5 years (unparented)
Preschoolers actively learn new swimming skills including assisted floats and glides through games and songs. The fun includes learning to jump into chest deep water. Note: If 6+ and Salamander is completed OR incompleting, register in Swim Kids Level 1.



SUNFISH (Ages 3-5 years (unparented)
Assisted by an Instructor, preschoolers work on stroke and skills progressions. Learning also focuses on good judgment in, on, and around the water and entries and floats in deep water. Note: If 6+ and Sunfish is completed register in Swim Kids Level 2; If 6+ and Sunfish is incompleting, register in Swim Kids Level 1.



CROCODILE Ages 3-5 years (unparented)
Preschoolers start independent glides and kicking in deep water. Endurance is built through increasing distance for front and back swims. Swimmers learn about the dolphin kick and try synchro skills in the water. Note: If 6+ and Crocodile is completed register in Swim Kids level 3; If 6+ and Crocodile is incompleting, register in Swim Kids Level 2.



WHALE Ages 3-5 years (unparented)
In Whale, children will learn to swim independently and participate in team games. Preschoolers will increase their distance and improve skills in front and back swims. Swimmers also learn about throwing assists to help another person in the water. Note: If 6+ and Whale is completed OR incompleting, register in Swim Kids Level 3.



RED CROSS SWIM KIDS - AGES 6+ Progression is based on skill evaluation.

SWIM KIDS LEVEL 1

This is an entry level for children ready to move in shallow water. This level provides an orientation to the water and the pool area, and introduces floats and glides with kicks. Children build their endurance by improving distance.

SWIM KIDS LEVEL 2

This level helps the child build skills in front and back swims. Children are introduced to deep water activities and proper use of a Personal Flotation Device (PFD). Endurance is built on flutter kicking with assisted glides.

SWIM KIDS LEVEL 3

This level provides an introduction to front crawl as well as the foundation for making wise choices on where and when to swim. Diving is introduced, and children will work on floats and changing direction. Endurance is achieved by building strength in flutter kick and a 15-metre swim..

SWIM KIDS LEVEL 4

The front crawl, back glide, and shoulder roll for back crawl are further developed. Children work on kneeling dives, surface support, and developing a greater sense of self safety by understanding their own limits. Endurance is built through a 25-metre swim.

SWIM KIDS LEVEL 5

Back crawl is introduced, along with sculling skills and whip kick on the back. Children try stride dives and receive an introduction to safe boating skills. Endurance is developed through dolphin kick and a 50-metre swim.

SWIM KIDS LEVEL 6

Front and back crawl continue to be refined as the elementary backstroke is newly introduced. Children are also introduced to safety on ice, elementary rescue of others with throwing assists, treading water and the front dive. Endurance is built through a 75-metre swim.

SWIM KIDS LEVEL 7

Level 7 continues to build skills and endurance for front crawl, back crawl and elementary back stroke and introduces whip kick on the front. Children learn about airway and breathing obstructions and participate in timed treading water for increasing endurance. Endurance is built through timed treading water and a 150-metre swim.

SWIM KIDS LEVEL 8

Level 8 provides an introduction to the breaststroke, foot first surface dives and rescue entries. Children learn about the dangers of open water, hypothermia, and the performance of rescue breathing on children and adults. Endurance is built on the dolphin kick and 300-metre swim.

SWIM KIDS LEVEL 9

Front crawl, back crawl, elementary backstroke and breaststroke continue to be refined. In this level children are encouraged to try combining different strokes and kicks for fitness. They also work on head-first shallow dives and standing dives and learn about wise choices, peer influences, and self rescue from ice. Endurance is built through a 400-metre swim. .

SWIM KIDS LEVEL 10

Further refinement of strokes, with an introduction to butterfly and scissor kick as a warm up/cool down stroke for fitness. Children learn about sun safety, rescue of others from the ice, and head first and feet-first shallow dives. Endurance is built using dolphin kick and butterfly drills and a 500-metre swim.