

Swimming Lessons for Kids... Everything you need to know!

The Town of Whitby is pleased to offer you the
New Red Cross Learn to Swim Program!

Course
Descriptions

Why Choose Red Cross?



Did you know...?

- ⦿ The Canadian Red Cross has over 60 years of experience in keeping people safe while in or near the water.
- ⦿ The Red Cross offers Canada's largest and most recognized swimming and water safety program.
- ⦿ The Canadian Red Cross delivers its programs to over 3,800 pool and waterfront authorized providers.
- ⦿ All Red Cross Water Safety instructors have completed more than 60 hours of learning, followed by practice teaching before teaching your child to swim.
- ⦿ Built into the Preschool content are fun, colourful animal mascots and theme songs your child will love.
- ⦿ Fun and action packed program with a focus on fitness.
- ⦿ Red Cross takes an active approach to teaching with an increased focus on being active and wet. Prevention is critical and we teach kids to Prepare! Stay Safe! And Survive!
- ⦿ Red Cross lessons not only teach your child how to swim but also give them valuable information regarding safety in and around the water. This will enable your child to respond in an emergency.
- ⦿ The program of choice in many municipalities in the Greater Toronto Area.
- ⦿ Red Cross is a proven water safety program offering a variety of programs for all ages and abilities, whether you are learning to swim or would like to be a Water Safety Instructor... There is a program for you!



Red Cross Swim is the new learn to swim continuum consisting of two programs:

Register on-line at www.whitby.ca and click the SmartLink Icon on the home page.



Red Cross Swim Preschool

Red Cross Swim Preschool is a new program **for children 4 months to six years of age.**

This seven level stand-alone program allows children to enter various levels based on age and ability. Kids will enjoy the fun colorful animal mascots, added to the program to enhance your child's learning and fun. This is a flexible program. In some classes parents accompany their child in the pool and in other classes the children swim by themselves with an instructor in the pool.

Red Cross Swim Preschool Levels - Click on a level to go to the description.

Starfish	Duck	Seaturtle One	Seaturtle Two
Salamander	Sunfish	Crocodile	Whale

Red Cross Swim Kids

Red Cross Swim Kids is a revised program **for children age 6 years and older.**

This 10 level program has been designed for children 6 years and older and does not include any of the preschool levels. This program evolved from the highly successful AquaQuest program. The skills and water safety throughout the program are targeted to each age group, with an increased focus on staying active and in the water. Swimming strokes are built throughout the levels, using solid, proven progressions with a focus on drills and distance.

The Swim Kids Levels - Click on a level to go to the description.

Swim Kids One	Swim Kids Two	Swim Kids Three	Swim Kids Four	Swim Kids Five
Swim Kids Six	Swim Kids Seven	Swim Kids Eight	Swim Kids Nine	Swim Kids Ten



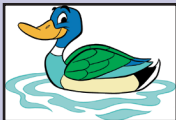
Starfish

Age: 4 to 18 months
Kids swim with a parent

Red Cross Swim Preschool

Swimming	Fitness Activities	Skills and Water Safety
<p>Getting Wet Supports and hold techniques Submersion, optional Intro to rhythmic breathing Breath control with assistance Buoyancy and movement</p> <p>Positions: Front position with assistance Back position with assistance Vertical position with assistance</p> <p>Moves: Moves forward with assistance Moves backward with assistance Arm movement with assistance</p>	<p>Water activities Play and songs</p>	<p>Facility orientation and active supervision Safe entries and exits How to stay warm When and how to get help</p>

Red Cross Swim Preschool



Duck

Kids swim with a parent
Age: 16 to 30 months

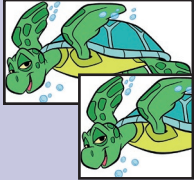
Swimming	Fitness Activities	Skills and Water Safety
<p>Getting Wet Submersion, optional Intro to rhythmic breathing Buoyancy and movement</p> <p>Moves: Move forward with assistance Move backward with assistance Front float and recovery with assistance Back float and recovery with assistance</p> <p>Swims: Basic kick on front with assistance Front swim with assistance</p>	<p>Water activities Play and songs Uses buoyant objects for support with assistance</p>	<p>Facility orientation and active supervision Stop! Look! Ask! Shallow water entries and exits PFD's How to stay warm</p> <p>Buoyant Objects Change direction with assistance When and how to get help Choking prevention and response</p>



Sea Turtle 1

Age: 24 to 36 months
Kids swim with a parent

Swimming	Fitness Activities	Skills and Water Safety
<p>Getting Wet Submersion optional Intro to rhythmic breathing Breath Control Buoyancy and movement with assistance Shallow water movement</p> <p>Floats: Front float and recovery(assisted) Back float and recovery with assistance</p> <p>Glides: Front and back glide and recovery with assistance</p>	<p>Water activities Play and songs 2m kick on front using buoyant aid with assistance</p>	<p>Facility orientation and active supervision Safe entries and exits Stop! Look! Ask! Jump into chest deep water with assistance Jump into chest deep water and return with assistance PFD'S</p>



Sea Turtle 2

Age: 3 to 6 years

Kids swim by themselves with an instructor, no parents in the pool.

Swimming	Fitness Activities	Skills and Water Safety
<p>Getting Wet Submersion, 3 seconds Intro to rhythmic Breathing Breath Control Buoyancy and movement with assistance Shallow water movement</p> <p>Floats: Front float and recovery, 3 sec with assistance Back float and recovery, 3 sec with assistance</p> <p>Glides: Front and back glide and recovery with assistance</p> <p>Swims: Basic kick on front with assistance Front swim with assistance</p>	<p>Water activities Play and songs 2m kick on front using buoyant aid with assistance</p>	<p>Facility orientation and active supervision Safe Entries and exits Stop! Look! Ask! Jump into chest deep water with assistance Jump into chest deep water and return with assistance PFD'S</p>

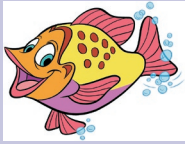


Salamander

Age: 3 to 6 years

Kids swim by themselves with an instructor, no parents in the pool.

Swimming	Fitness Activities	Skills and Water Safety
<p>Open eyes under water Rhythmic breathing 3 times</p> <p>Floats: Front float and recovery 3 sec Back float and recovery, 3 sec Roll over float with assistance</p> <p>Glides: Front glide, 3 sec Front glide with kick, 5 sec with assistance Back glide, 3 sec with assistance Back glide with kick, 5 sec with assistance Roll over glide with kick with assistance</p> <p>Swims: 2m front swim with assistance</p>	<p>Water activities Play and songs 2m kick on front using buoyant object</p> <p>Distance swim: 2m</p>	<p>Facility orientation and active supervision Stop! Look! Ask! Jump into chest deep water PFD'S Buoyant objects Introduction to surface support</p>



Sunfish

Age: 3 to 6 years

Kids swim by themselves with an instructor, no parents in the pool.

Swimming	Fitness Activities	Skills and Water Safety
<p>Rhythmic breathing 5 times Weight transfer, shallow water</p> <p>Glides: Front glide Front glide with kick, 1m Back glide Back glide with kick, 1m Roll over glides, 10 sec Side glide with kick with assistance</p> <p>Swims: Front swim 2m</p>	<p>Water activities Introduction to synchronized skills(floats)</p> <p>Kicking Drills: Kick with buoyant aid, 5m</p> <p>Distance swim: 5m</p>	<p>Facility orientation and active supervision Stop! Look! Ask! Slip into deep water Jump into deep water with assistance PFD'S Change direction shallow water Surface support, 5 sec Jump into chest deep water, surface support 5 sec Front float and recovery, 5 sec, deep water Back float and recovery, 5 sec, deep water Stop! Call for help!</p>

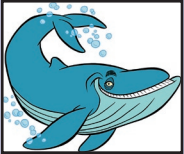


Crocodile

Age: 3 to 6 years

Kids swim by themselves with an instructor, no parents in the pool.

Swimming	Fitness Activities	Skills and Water Safety
<p>Rhythmic breathing 10x (2 ways) Weight transfer, shallow water</p> <p>Glides: Front glide with kick, 3X2m Back glide with kick, 2m Side glide with kick, 1m</p> <p>Swims: Front swim, 5m Back swim, 5m</p>	<p>Water activities Intro to synchronized swimming</p> <p>Kicking drills: Kick with buoyant aid 10m</p> <p>Strokes: Dolphin kick with assistance</p> <p>Distance swim: 10m</p>	<p>Facility orientation and active supervision Stop! Look! Ask! Jump into deep water PFD'S deep water Change direction, deep water, with assistance. Surface support, 10 sec Jump into deep water, surface support, 5 sec Stop! call for help</p>



Whale

Age: 3 to 6 years

Kids swim by themselves with an instructor, no parents in the pool.

Swimming	Fitness Activities	Skills and Water Safety
<p>Rhythmic breathing (front to side glide) 10 times</p> <p>Glides: Front glide with kick, 3x5m Back glide with kick, 3x5m Side glide with kick, 5m</p> <p>Swims: Front Crawl, 7 m Back swim, 7m Continuous swim, 10m</p>	<p>Water activities Intro to synchronized swimming Relay activities</p> <p>Kicking drill: 2x10m</p> <p>Distance swim: 2x10m</p>	<p>Facility orientation and active supervision Stop! Look! Ask! When and where to swim Change direction in deep water Surface support, 20 sec Jump into deep water, surface support, 20 sec Stop! Throw! Call for help! Throwing assist</p>



Red Cross Swim Kids

Level 1

Age: 6 to 14

Swimming	Fitness Activities	Skills and Water Safety
<p>Breathing: Rhythmic breathing, 5 times</p> <p>Floats: Front float and recovery, 3 sec Back float and recovery, 3 sec Rollover floats, 6 sec with assistance</p> <p>Glides: Front glide, 3 sec Front glide with kick, 5 sec Back glide, 3 sec Back glide with kick, 5 sec Rollover glides, 6 sec with assistance</p>	<p>Kicking Drills: Flutter kick, 10m with assistance</p> <p>Distance swim: 5m</p>	<p>Site orientation EMS Shallow water entries Submerge head Exhale through mouth and nose</p>



Red Cross

Swim

Red Cross Swim Kids

Level 2

Age: 6 to 14

Swimming	Fitness Activities	Skills and Water Safety
<p>Breathing: Rhythmic breathing, 10 times, 2 ways</p> <p>Floats: Front float, 5 sec Back float, 5 sec</p> <p>Glides: Front glide with flutter kick, 3x5m (one lesson) Back glide with flutter kick, 3x5m (one lesson) Rollover glide with flutter kick, 6 sec Side glide with flutter kick, 3m (assisted) Front swim, 3x5m (in one lesson)</p>	<p>Kicking Drills: Flutter kick, 15 m with assistance</p> <p>Distance swim: 10m</p>	<p>Site rules Intro to PFD/Lifejacket Weight transfer-shallow water Deep water activities with assistance</p>

Red Cross Swim Kids



Level 3

Age: 6 to 14

Swimming	Fitness Activities	Skills and Water Safety
<p>Breathing: Rhythmic breathing, 15 times</p> <p>Glides: Front glide with flutter kick, 3x10m (in one lesson) Back glide with flutter kick, 3x10m (in one lesson) Side glide with flutter kick, 5 sec Front glide/side combo Front crawl, 3x5m (in one lesson)</p>	<p>Kicking Drills: Flutter kick, 3x15m</p> <p>Distance swim: 15m</p>	<p>When and where to swim Weight transfer, shallow water Deep water floats, 5 sec Change direction, deep water Surface support, 20 sec, deep water Sitting dive</p>

Red Cross Swim Kids



Level 4

Age: 6 to 14

Swimming	Fitness Activities	Skills and Water Safety
<p>Breathing: Rhythmic breathing, 15 times, (Front Crawl specific)</p> <p>Glides: Front glide/side glide combo Back glide and kick and shoulder roll, 3x10m (in one lesson) Front Crawl, 3x10m (in one lesson)</p>	<p>Kicking Drills: Flutter kick on back 3x15m (in one lesson)</p> <p>Distance swim: 25m</p>	<p>Self safety Show how to contact EMS Self safety-safe diving Disorientating entries Kneeling dive Surface support, deepwater, 45 sec</p>

Red Cross Swim Kids



Level 5

Age: 6 to 14

Swimming	Fitness Activities	Skills and Water Safety
<p>Breathing: Rhythmic breathing, 15 times, 2 ways</p> <p>Swims: Front Crawl, 3x15m (in one lesson) Back Crawl, 3x15m (in one lesson) Intro to whip kick on back, 3x5m (in one lesson)</p>	<p>Kicking Drills: Dolphin kick, 3x5m (in one lesson)</p> <p>Distance swim: 50m</p>	<p>How to be a safe boater Staying warm Cold water skills Intro to sculling, shallow water Tread water, 1 min Stride dive</p>

Red Cross Swim Kids



Level 6

Age: 6 to 14

Swimming	Fitness Activities	Skills and Water Safety
<p>Front Crawl, 3x25m (in one lesson) Back Crawl, 3x25m (in one lesson) Elementary Back Stroke 3x15m (in one lesson)</p>	<p>Kicking Drills: 3x25m</p> <p>Distance swim: 75m</p>	<p>Causes of boating incidents Ice safety Victim recognition Throwing assists Head first sculling on back, 5m Treading water, deep water, 1:30 min Front dive</p>

Red Cross Swim Kids



Level 7

Age: 6 to 14

Swimming	Fitness Activities	Skills and Water Safety
<p>Front Crawl, 50m (in one lesson) Back Crawl, 50m (in one lesson) Elementary Back Stroke 3x25m (in one lesson) Front scull, 3x5m (in one lesson) Whip kick on front, 3x15m (in one lesson)</p>	<p>Activity: Eggbeater/tread water, 3min</p> <p>Distance swim: 150m</p>	<p>Partial and complete airway obstruction Throwing assists Reaching assists Head first sculling on back, 10m</p>

Red Cross Swim Kids



Level 8

Age: 6 to 14

Swimming	Fitness Activities	Skills and Water Safety
<p>Front Crawl, 75m Back Crawl, 75m Elementary Back Stroke, 50m Breast stroke, 3x25m (in one lesson)</p>	<p>Activity: Eggbeater/tread water, 3 min</p> <p>Kicking Drill: Dolphin kick 3x10m</p> <p>Distance swim: 300m</p>	<p>Hypothermia Dangers to open water Rescue breathing, adult and child Feet first surface dive Stride entry</p>



Red Cross Swim Kids

Level 9

Age: 6 to 14

Swimming

Front crawl, 100m
Back crawl, 100m
Elementary Back Stroke, 50m
Breast stroke, 3x25m (in one lesson)

Fitness Activities

Activity:
Traveling legs, 3 min
Stroke drills

Distance swim:
400m

Skills and Water Safety

Wise choices-peer influences
Complications of rescue breathing
Boating regulations
Self rescue/ice
Head first surface dive
Standing shallow dive

Red Cross Swim Kids



Level 10

Age: 6 to 14

Swimming	Fitness Activities	Skills and Water Safety
<p>Front Crawl, 100m Back Crawl, 100m Elementary back stroke, 50m Breast stroke, 50m</p>	<p>Kicking Drills: Dolphin kick(vertical) 3x10sec</p> <p>Strokes: Butterfly 3x10m Sidestroke</p> <p>Distance swim: 500m</p>	<p>Sun smart Ice rescues Drowning, causes and prevention Head first and feet first surface dives with 2m underwater swim</p>