



Canadian Red Cross



## **What's Red Cross Swim@School?**

**Swim@School is a fun, participation-based program offering swimming skills and water safety training to school aged children.**

Built uniquely from the proven Red Cross learn to swim curriculum, Swim@School covers basic swimming skills, fitness, safety skills and strokes. Participants are encouraged to achieve their personal best. They receive a record card summarizing the skills they attempt and recognition of their participation in the program with a fun, full-colour sticker.

Swim@School offers swimming skills and water safety taught at aquatic facilities; a separate dry-land education package called Brain Games rounds out their learning – either in the classroom or at the pool.

### **What makes Swim@School great for students?**

- Designed from the Red Cross AquaQuest program, which balances swimming and water safety education for youth.
- Focus on fitness and developing life skills – all students are exposed to a safe water environment and are encouraged to participate and increase endurance in swimming.
- Everyone can participate and have fun. The program is designed to allow an entire class to participate with various levels of ability – but encourages students to achieve their own personal best.

### **For more information, please contact:**

#### **Swim@School Modules:**

**Swimming:** Students get comfortable in the water, learn proper breathing techniques, float on their front and back, glide, scull, and learn front and back crawl. Stronger swimmers learn whip kick, back stroke, endurance and stroke corrections.

**Skills and Safety:** Students love this stuff! The skills are suited to all levels, as even strong swimmers need to know how to stay safe in the water. Students will have hands-on practice

as they conduct simulated ice rescues, learn why people stop breathing, and how to help. They experience a boat capsize and what to do, swim with their clothes and a lifejacket on, learn how to throw an assist to someone in the water, and more.

**Brain Games:** A dry-land module for water safety education. With games and activities to challenge their brains, students learn lessons in safety that will last them a lifetime.