



Canadian Red Cross



How to make swimming a part of your school lessons!

We are pleased to offer the Red Cross Swim@School program—

This quality program offers a unique opportunity for fitness in the pool setting with a focus on developing swimming and water safety skills. Swim@School is flexible enough that the whole class can participate – no matter what a student's swimming level.

Developed by Canada's leader in swimming and water safety, the Canadian Red Cross built Swim@School on a core curriculum of injury prevention and progressive learning of swimming skills. With over 50 years of teaching Canadians to swim and be safe in the water, Red Cross is pleased to offer a package designed exclusively for school lessons.

Swim@School is a participation program – all students receive a record certificate of the skills or strokes worked on and a sticker to recognize their participation.

For more information, please contact:

Also available: Brain Games, a dry-land water safety module focusing on fun activities for classroom learning about how to be safe in or around the water. Brain Games can be facilitated by a teacher and used before Swim@School lessons at the pool, where the Water Safety Instructors' focus will be on swimming strokes and skills in the water.

Brain Games is available for schools to purchase, or may be available through your aquatic centre.

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