



Level 2 Jump Right In!

Welcome to Red Cross Swim Kids!

Congratulations on choosing Canada's largest and most recognized swimming and water safety program. With an emphasis on swimming skills, water safety, and fitness activities, Red Cross Swim Kids sets the foundation for a lifetime of swimming and fitness. We're proud to offer:

- Quality instructors who train for more than 75 hours and have practical teaching experience.
- Learning made fun through games and songs in a safe environment.
- A balanced program that teaches swimming skills and how to be safe in the water.
- Seamless progression of swim classes from six years old to young teens.

What do swimmers learn in Level 2?

Everybody in the pool! In Level 2, your child will:

- Learn the facility rules and boundaries to be safe in, on, and around the water.
- Be introduced to deep water. Children will be challenged to experience buoyancy to increase their confidence in the water.
- Continue developing beginner skills including slide glides with flutter kicks which introduce the breathing position for front crawl and build the progression for back crawl.
- Swim 5 metres three times in one lesson to build strength and keep practising the right moves.
- Practise swimming a distance of 10 metres to build endurance and mastery of strokes.

We believe your child should develop swimming skills in a fun, encouraging environment. Our Instructors use games and activities to teach and reinforce skills, help your child overcome fears, and create a positive experience.

How are swimmers evaluated in Level 2?

Our Instructors remember what it's like to be a child, and they use lots of positive reinforcement to encourage individual swimmers to improve their skills.

Success in swimming and water safety lessons can come in many different forms. Swimmers may learn new skills, increase confidence, and gain a feeling of accomplishment. They may improve on previously learned skills and achieve a personal best for the distance they can swim.

The Red Cross Swim program has carefully defined performance criteria that our Instructors follow when evaluating your child. Your child will receive a progress card outlining all of the skills he or she achieves in Level 2. Instructors encourage your child to demonstrate that he or she has truly acquired a skill by using the skill at least three times during the set of lessons.

If your child can successfully demonstrate each of the Level 2 skills, he or she will receive a **completion badge** and move on to the next level in Red Cross Swim Kids. Children who participate in the program and who have not yet mastered all of the Level 2 skills will receive a **Personal Best** sticker to acknowledge their improvement.



It is important to remember that all swimmers advance at their own pace. Not completing a level the first time, or even the second time, just means there are important skills to continue to strengthen. See "Practise mak-

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ing waves at home” and talk with your child’s Instructor about ways to support your child.

Where do swimmers go after Level 2?

As your child progresses to a new level, he or she will improve swimming skills, build endurance, and continue to focus on water safety.

In Red Cross Swim Kids Level 3, your child will learn to:

- Decide when and where to swim safely.
- Keep his or her head above water for 20 seconds.
- Enter the water from a sitting dive.
- Swim using the front crawl.

Parents and caregivers: keep your swimmer afloat!

Even though you’re not in the water, you play an important role in Red Cross Swim Kids. Your enthusiasm and encouragement can make your child’s swim lessons a fun and rewarding experience.

Here’s how you can help:

- Support your child by praising his or her effort in the pool.
- Bring a healthy snack and drink for your child for after the lesson to replace fluids and energy.
- Understand that children develop swimming skills at different rates.
- Ask the Instructor which skills your child should review, and then make practising fun at your local pool!



Practise making waves at home!

How can you build on your child’s swimming experience?

- Take your child to public or family swims to develop strength, practise skills and increase his or her comfort level in the water.
- Ask your child to show you a skill learned in swim lessons and incorporate the skill into a game to play in the pool.
- Talk about what your child has learned in the lesson to develop safety practices for the home.

Family Tips

- **Keep up with your kids in the pool by taking adult swimming lessons!** Red Cross offers AquaAdults, a program that helps adults fine-tune their strokes and increase their swimming endurance.
- **Put safety first** – never leave your child unattended near a pool or any body of water. Your child may just be learning to swim and still needs constant adult supervision around the water. Inadvertent falls into the water account for almost 25 percent of drownings in Canada. *Source: Canadian Red Cross National Drowning Report*

Keep on swimming in Level 3!

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