



Level 4 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 4?

Everybody in the pool! In Level 4, your child will:

- Learn how to contact EMS.
- Learn safe water entry practices including "feet first for the first time" and the kneeling dive.
- Support his or her body at the surface in deep water for 45 seconds by treading water or floating.
- Learn how to deal with an unintended fall into the water – including how to right himself or herself and get to safety.
- Perform back glide with shoulder roll to build skills toward the back crawl stroke.
- Swim a distance of 25 metres.

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 4?

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 4. 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 4 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 4 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 making waves at home" and talk with your child's Instructor for ways to support your child.

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Where do swimmers go after Level 4?

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 5, your child will learn to:

- Be a safe boater.
- Stay warm in cold water.
- Perform the front and back crawl.
- Increase swim distance to 50 metres.

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. Remember that not all children will learn at the same rates.
- Bring a light snack for your child. Kids are often hungry and tired after a lesson.
- 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 swimming during public swim times. Encourage your child to play and try the skills he or she is learning in lessons.
- Discuss safe locations for diving. Have your child talk about how to improve his or her safety by entering "feet first, the first time" to ensure there are no water hazards.

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.
- Diving head first can result in spinal injury. The presence of a diving board in a pool does not guarantee the pool is safe for diving. Most home pools are not deep enough for head-first dives.

Keep on swimming in Level 5!

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Swim with the best