



## Level 7 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 7?

**Everybody in the pool!** In Level 7, your child will:

- Learn what causes choking, how to prevent a choking incident, and how to recognize and deal with a partial obstruction of the airway and a complete obstruction of the airway.
- Learn how to whip kick on his or her front, an essential skill for the breast stroke.
- Tread water with an eggbeater kick. This kick is the basis of sports like water polo and is used by Red Cross Water Safety Instructors during lessons.
- Build endurance and fitness and continue stroke development by swimming distances of 150 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 7?

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 7. 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 7 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 7 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 about ways to support your child.

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## Where do swimmers go after Level 7?

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 8, your child will learn to:

- Recognize and prevent hypothermia.
- Perform rescue breathing for adults and children.
- Swim using the breast stroke.
- Increase swim distance to 300 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 healthy snack and drink for your child for after the lesson to replace fluids and energy.



## Practise making waves at home!

### How can you build on your child's swimming experience?

- Take your child to family swims and ask them to demonstrate the eggbeater kick. Encourage your child to practise it and time him or her to build endurance with this stroke.

## Family Tips

- Become a stronger swimmer yourself by taking AquaAdult lessons at your pool! This Red Cross program helps adults learn to swim or improve their swimming skills.
- Learning how to deal with an obstructed airway is a life-saving skill. Consider first aid or CPR training for yourself or as a family. In just one afternoon you can learn how to prevent and treat emergency situations.
- Knowing and initiating CPR increases the chance of surviving cardiac arrest by 2 to 4 times. *Source: Canadian Red Cross*

## Keep on swimming in Level 8!

Your child is only three steps away from completing the program!