



Level 8 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 8?

Everybody in the pool! In Level 8, your child will:

- Learn how to recognize, prevent, and treat hypothermia.
- Learn rescue breathing for adults and children.
- Develop the dolphin kick used for the butterfly stroke to increase endurance and fitness.
- Learn the stride entry – using this entry allows swimmers to keep their head above water so they can continue to see a person or target they want to reach.
- Learn breast stroke, a popular competitive and fitness/recreational stroke.
- Build endurance and fitness and continue stroke development by swimming distances of 300 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 8?

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 8. 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 8 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 8 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 8?

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 9, your child will learn to:

- Follow boating regulations.
- Make wise choices around the water.
- Refine strokes and build speed and endurance.
- Increase swim distance to 400 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:

- Cheer on your child's accomplishment! After completing level 8, your child has only two more levels to complete the Red Cross Swim Kids program.
- Bring a light snack for your child. Swimmers are often hungry and tired after a lesson.



Practise making waves at home!

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

- Go to family swims and encourage your child to practise the new skills learned.
- Have your child demonstrate the dolphin kick and have them practise this kick to manoeuvre through obstacles, such as under legs.

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.
- Continue to emphasize safe swimming and the importance of making safe choices. Males, in particular, are more likely to put themselves in situations that make them vulnerable to currents in rivers and abrupt drop-offs in lakes. *Source: Canadian Red Cross National Drowning Report*

Keep on swimming in Level 9!

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

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