



Level 1 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 1?

Everybody in the pool! In Level 1, your child will:

- Perform front and back floats gaining confidence and stability in the water.
- Develop beginner skills including gliding and kicking leading up to the front swim.
- Practise swimming a distance of 5 metres. For a new swimmer, this distance can be a real challenge.
- Learn how to stay safe in, on, and around the water.

We believe your child should develop swimming skills in a fun, comfortable 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 1?

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. To move on to the next level in Red Cross Swim Kids, your child must master each of the Level 1 skills. 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 1 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 1 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 1?

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 2, your child will learn to:

- Increase rhythmic breathing (10 times).
- Lengthen distance of glides with kick.
- Increase swim distance to 10 metres.
- Explore movement in water with a personal flotation device/lifejacket.

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 light, close-fitting t-shirt if you think your child may get cold in the water.
- Bring a light snack for your child. Kids are often hungry and tired after a lesson.
- Understand that children develop swimming skills at different rates.
- Ask the instructor which skills your child should practise, 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 increase his or her comfort level in the water.
- Encourage your child to play, experience, and try the skills he or she is learning in lessons.
- Talk about what your child has learned in the lesson to develop safety practices for the home.

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.
- **Put safety first** – never leave your child unattended near a pool or any body of water. Most pool drownings of children occur during the momentary absence of a caregiver. These incidents mainly involve young children who are playing or walking near a home pool without a self-closing and self-latching gate.
Source: Canadian Red Cross National Drowning Report

Keep on swimming in Level 2!

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Swim with the best