

## RED CROSS SWIM PRESCHOOL PROGRAM CONTENT

Red Cross Swim Preschool – Starfish Level		
Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> <li>• Getting wet (assisted)</li> <li>• Supports and hold techniques for the caregiver</li> <li>• Submersion (optional)</li> <li>• Intro to rhythmic breathing: breath control (assisted)</li> <li>• Buoyancy and movement (assisted)</li> </ul> <p><b>Positions:</b></p> <ul style="list-style-type: none"> <li>• Front position (assisted)</li> <li>• Back position (assisted)</li> <li>• Vertical position (assisted)</li> </ul> <p><b>Moves:</b></p> <ul style="list-style-type: none"> <li>• Move forward (assisted)</li> <li>• Move backward (assisted)</li> <li>• Arm movement (assisted)</li> </ul>	<p><b>Water activities:</b> play and songs</p>	<ul style="list-style-type: none"> <li>• Facility orientation and active supervision</li> <li>• Entries and exits (caregiver and child)</li> <li>• Show how to stay warm</li> <li>• When and how to get help</li> <li>• Choking prevention</li> </ul>

Red Cross Swim Preschool – Duck Level		
Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> <li>• Getting wet (assisted)</li> <li>• Submersion (optional)</li> <li>• Intro to rhythmic breathing: breath control (assisted)</li> <li>• Buoyancy and movement (assisted)</li> </ul> <p><b>Moves:</b></p> <ul style="list-style-type: none"> <li>• Move forward (assisted)</li> <li>• Move backward (assisted)</li> </ul> <p><b>Floats:</b></p> <ul style="list-style-type: none"> <li>• Front float and recovery (assisted)</li> <li>• Back float and recovery (assisted)</li> </ul>	<p><b>Water activities:</b></p> <ul style="list-style-type: none"> <li>• Play and songs</li> <li>• Uses buoyant object for support (assisted)</li> </ul>	<ul style="list-style-type: none"> <li>• Facility orientation and active supervision</li> <li>• Stop! Look! Ask!</li> <li>• Shallow water entries and exits (caregiver and child)</li> <li>• PFD and Me (assisted)</li> <li>• Show how to stay warm</li> <li>• Buoyant objects</li> <li>• Change direction (assisted)</li> <li>• When and how to get help</li> <li>• Choking prevention</li> <li>• Choking response</li> </ul>

### Red Cross Swim Preschool – Sea Turtle Level

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> <li>• Getting wet</li> <li>• Intro to rhythmic breathing: breath control</li> <li>• Buoyancy and movement (assisted)</li> <li>• Shallow water movement</li> </ul> <p><b>Floats:</b></p> <ul style="list-style-type: none"> <li>• Front float and recovery, 3 sec. (assisted)</li> <li>• Back float and recovery, 3 sec. (assisted)</li> </ul> <p><b>Glides:</b> front and back glide and recovery (assisted)</p> <p><b>Swims:</b></p> <ul style="list-style-type: none"> <li>• Basic kick on front (assisted)</li> <li>• Front swim (assisted)</li> </ul>	<p><b>Water activities:</b></p> <ul style="list-style-type: none"> <li>• Play and songs/relay</li> <li>• Kick on front using buoyant aid, 2 m (assisted)</li> </ul>	<ul style="list-style-type: none"> <li>• Facility orientation and active supervision</li> <li>• Stop! Look! Ask! (find the adult)</li> <li>• Entries and exits (assisted)</li> <li>• Jump into chest deep water (assisted)</li> <li>• Jump into chest deep water and return (assisted)</li> <li>• PFD and Me (assisted)</li> </ul>

### Red Cross Swim Preschool – Salamander Level

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> <li>• Open eyes under water (attempted)</li> <li>• Rhythmic breathing 3 times</li> </ul> <p><b>Floats:</b></p> <ul style="list-style-type: none"> <li>• Front float and recovery, 3 sec.</li> <li>• Back float and recovery, 3 sec.</li> <li>• Roll over float, 6 sec. (assisted)</li> </ul> <p><b>Glides:</b></p> <ul style="list-style-type: none"> <li>• Front glide 3 sec.</li> <li>• Front glide with kick, 5 sec. (assisted)</li> <li>• Back glide, 3 sec. (assisted)</li> <li>• Back glide with kick, 5 sec. (assisted)</li> <li>• Roll-over glide with kick, 6 sec. (assisted)</li> </ul> <p><b>Swims:</b> front swim, 2 m (assisted)</p>	<p><b>Water activities:</b></p> <ul style="list-style-type: none"> <li>• Play and songs</li> <li>• Kick on front using buoyant aid, 2 m</li> </ul> <p><b>Distance swim:</b> 2 m</p>	<ul style="list-style-type: none"> <li>• Facility orientation and active supervision</li> <li>• Stop! Look! Ask! (find the adult)</li> <li>• Jump into chest deep water</li> <li>• PFD and Me (assisted)</li> <li>• Buoyant objects</li> <li>• Surface support (assisted) 5 seconds</li> </ul>

### Red Cross Swim Preschool – Sunfish Level

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> <li>• Rhythmic breathing 5 times (2 ways)</li> <li>• Weight Transfer, shallow water</li> </ul> <p><b>Glides:</b></p> <ul style="list-style-type: none"> <li>• Front glide, 5 sec.</li> <li>• Front glide with kick, 1 m</li> <li>• Back glide, 5 sec.</li> <li>• Back glide with kick, 1 m</li> <li>• Roll over glides, 5 sec.</li> <li>• Side glide with kick, 3 sec. (assisted)</li> </ul> <p><b>Swims:</b> front swim, 2 m</p>	<p><b>Water activities:</b> introduction to synchronized swimming (floats)</p> <p><b>Kicking drills:</b> kick with buoyant aid, 5 m</p> <p><b>Distance swim:</b> 5 m</p>	<ul style="list-style-type: none"> <li>• Facility orientation and active supervision</li> <li>• Stop! Look! Ask!</li> <li>• Slip into deep water</li> <li>• Jump into deep water (assisted)</li> <li>• PFD and Me</li> <li>• Change direction in shallow water</li> <li>• Surface support, 5 sec.</li> <li>• Jump into chest deep water, surface support, 5 sec.</li> <li>• Front float and recovery, 5 sec., deep water</li> <li>• Back float and recovery, 5 sec. deep water</li> <li>• Stop! Call for help!</li> </ul>

### Red Cross Swim Preschool – Crocodile Level

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> <li>• Rhythmic breathing 10 (2 ways)</li> <li>• Weight transfer, shallow water</li> </ul> <p><b>Glides:</b></p> <ul style="list-style-type: none"> <li>• Front glide with kick, 3x2 m</li> <li>• Back glide with kick, 2 m</li> <li>• Side glide with kick, 1 m</li> </ul> <p><b>Swims:</b></p> <ul style="list-style-type: none"> <li>• Front swim, 5 m</li> <li>• Back swim, 5 m</li> </ul>	<p><b>Water activities:</b> intro to synchronized swimming (bathtub and floats)</p> <p><b>Kicking drills:</b> kick with buoyant aid, 10 m</p> <p><b>Strokes:</b> Dolphin Kick (assisted)</p> <p><b>Distance swim:</b> 10 m</p>	<ul style="list-style-type: none"> <li>• Facility orientation and active supervision</li> <li>• Stop! Look! Ask!</li> <li>• Jump into deep water</li> <li>• PFD and Me: deep water</li> <li>• Change direction in deep water (assisted)</li> <li>• Surface support, 10 sec.</li> <li>• Jump into deep water, surface support, 5 sec.</li> <li>• Stop! Call for help</li> </ul>

## Red Cross Swim Preschool – Whale Level

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> <li>• Rhythmic breathing (front to side glide) 10 times</li> </ul> <p><b>Glides:</b></p> <ul style="list-style-type: none"> <li>• Front glide with kick, 3 x 5 m</li> <li>• Back glide with kick, 3 x 5 m</li> <li>• Side glide with kick, 5 m</li> </ul> <p><b>Swims:</b></p> <ul style="list-style-type: none"> <li>• Front swim, 7 m</li> <li>• Back swim, 7 m</li> <li>• Continuous swim, 10 m</li> </ul>	<p><b>Water activities:</b></p> <ul style="list-style-type: none"> <li>• Intro to synchronized swimming (somersaults, bathtub and floats)</li> <li>• Relay activities</li> </ul> <p><b>Kicking drill:</b> 2x10 m Whale Kick (Dolphin Kick harder)</p> <p><b>Distance swim:</b> 2x10 m</p>	<ul style="list-style-type: none"> <li>• Facility orientation and active supervision</li> <li>• When and where to swim</li> <li>• Stop! Look! Ask!</li> <li>• Change direction in deep water</li> <li>• Surface support, 20 sec.</li> <li>• Jump into deep water, surface support, 20 sec.</li> <li>• Stop! Throw! Call for help!, throwing assist</li> </ul>

## RED CROSS SWIM KIDS PROGRAM CONTENT

Red Cross Swim Kids – Level 1		
Swimming	Fitness Activities	Skills and Water Safety
<p><b>Breathing:</b> rhythmic breathing, 5 times</p> <p><b>Floats:</b></p> <ul style="list-style-type: none"> <li>• Front float and recovery 3 sec.</li> <li>• Back float and recovery 3 sec.</li> <li>• Rollover floats 6 sec. (assisted)</li> </ul> <p><b>Glides:</b></p> <ul style="list-style-type: none"> <li>• Front glide 3 sec.</li> <li>• Front glide with kick 5 sec.</li> <li>• Back glide 3 sec.</li> <li>• Back glide with kick 5 sec.</li> <li>• Rollover glides 6 sec. (assisted)</li> </ul>	<p><b>Kicking drills:</b> flutter kick, 10 m (assisted)</p> <p><b>Distance swim:</b> 5 m</p>	<ul style="list-style-type: none"> <li>• Site orientation and supervision</li> <li>• EMS</li> <li>• Shallow water entries/exits</li> <li>• Submerge head</li> <li>• Exhale through mouth and/or nose</li> </ul>

Red Cross Swim Kids – Level 2		
Swimming	Fitness Activities	Skills and Water Safety
<p><b>Breathing:</b> rhythmic breathing, 10 times, 2 ways</p> <p><b>Floats:</b></p> <ul style="list-style-type: none"> <li>• Front float, 5 sec.</li> <li>• Back float, 5 sec.</li> </ul> <p><b>Glides:</b></p> <ul style="list-style-type: none"> <li>• Front glide with flutter kick, 3 x 5 m (in one lesson)</li> <li>• Back glide with flutter kick, 3 x 5 m (in one lesson)</li> <li>• Side glide with flutter kick, 3 m (assisted)</li> <li>• Rollover glide with flutter kick, 6 sec.</li> </ul>	<p><b>Kicking drills:</b> flutter kick, 15 m (assisted)</p> <p><b>Distance swim:</b> 10 m</p>	<ul style="list-style-type: none"> <li>• Site rules</li> <li>• Intro to PFD/Lifejacket</li> <li>• Weight transfer - shallow water</li> <li>• Deep water activities (assisted)</li> </ul>

Red Cross Swim Kids – Level 3		
Swimming	Fitness Activities	Skills and Water Safety
<p><b>Breathing:</b> rhythmic breathing, 15 times</p> <p><b>Glides:</b></p> <ul style="list-style-type: none"> <li>• Front glide with flutter kick, 3 x 10 m (in one lesson)</li> <li>• Back glide with flutter kick, 3 x 10 m (in one lesson)</li> <li>• Side glide with flutter kick, 5 sec.</li> <li>• Front glide/side glide combo</li> <li>• Front Crawl 3x5 m</li> </ul>	<p><b>Kicking drills:</b> Flutter kick, 3 x 15 m</p> <p><b>Distance swim:</b> 15 m</p>	<ul style="list-style-type: none"> <li>• When and where to swim</li> <li>• Weight transfer, shallow water</li> <li>• Deep end floats, 5 sec.</li> <li>• Change direction, deep water</li> <li>• Surface support, 20 sec., deep water</li> <li>• Sitting dive</li> </ul>

### Red Cross Swim Kids – Level 4

Swimming	Fitness Activities	Skills and Water Safety
<p><b>Breathing:</b> rhythmic breathing, 15 times (Front Crawl Specific)</p> <p><b>Glides:</b></p> <ul style="list-style-type: none"> <li>• Front glide/side glide combo</li> <li>• Back glide and kick and shoulder roll, 3 x 10 m (in one lesson)</li> <li>• Front Crawl 3x10 m (in one lesson)</li> </ul>	<p><b>Kicking drills:</b> Flutter kick drill on back 3 x 15 m</p> <p><b>Distance swim:</b> 25 m</p>	<ul style="list-style-type: none"> <li>• Self-safety</li> <li>• Show how to contact EMS</li> <li>• Self-safety – safe diving</li> <li>• Disorientating entries</li> <li>• Kneeling dive</li> <li>• Surface support, deep water, 45 sec.</li> </ul>

### Red Cross Swim Kids – Level 5

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> <li>• Rhythmic breathing, 15 times, 2 ways</li> <li>• Front crawl, 3 x 15 m (in one lesson)</li> <li>• Back crawl, 3 x 15 m (in one lesson)</li> <li>• Intro to whip kick on back, 3x5 m (in one lesson)</li> </ul>	<p><b>Kicking drills:</b> dolphin kick drill 3 x 5 m</p> <p><b>Distance swim:</b> 50 m</p>	<ul style="list-style-type: none"> <li>• How to be a safe boater</li> <li>• Staying warm</li> <li>• Cold water HELP/HUDDLE</li> <li>• Intro to sculling, shallow water</li> <li>• Tread water, 1 min.</li> <li>• Stride dive</li> </ul>

### Red Cross Swim Kids – Level 6

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> <li>• Front crawl, 3 x 25 m (in one lesson)</li> <li>• Back crawl, 3 x 25 m (in one lesson)</li> <li>• Elementary back stroke, 3 x 15 m (in one lesson)</li> </ul>	<p><b>Kicking drills:</b> 3x25 m</p> <p><b>Distance swim:</b> 75 m</p>	<ul style="list-style-type: none"> <li>• Causes of boating incidents</li> <li>• When and where to go on ice</li> <li>• Victim recognition and simulation</li> <li>• Throwing assist without a line</li> <li>• Head-first sculling on back, 5 m</li> <li>• Tread water, deep water, 1:30</li> <li>• Front dive</li> </ul>

### Red Cross Swim Kids – Level 7

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> <li>• Front crawl, 50 m (in one lesson)</li> <li>• Back crawl, 50 m (in one lesson)</li> <li>• Elementary back stroke, 3 x 25 m (in one lesson)</li> <li>• Front scull, 3 x 5 m (in one lesson)</li> <li>• Whip kick on front, arms extended, 3 x 15 m (in one lesson)</li> </ul>	<p><b>Activity:</b> eggbeater/tread water stationary, 3 min.</p> <p><b>Distance swim:</b> 150 m</p>	<ul style="list-style-type: none"> <li>• Partial and complete airway obstruction</li> <li>• Chocking rescue – conscious person</li> <li>• Throwing assist with a line</li> <li>• Reaching assist with an aid</li> <li>• Head-first sculling on back, 10 m</li> </ul>

### Red Cross Swim Kids – Level 8

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> <li>• Front crawl, 75 m</li> <li>• Back crawl, 75 m</li> <li>• Elementary back stroke, 50 m</li> <li>• Breast stroke, 3 x 25 m (in one lesson)</li> </ul>	<p><b>Activity:</b> egg beater/tread water, 3 min.</p> <p><b>Kicking Drill:</b> Dolphin kick drills, 3 x 10 m</p> <p><b>Distance swim:</b> 300 m</p>	<ul style="list-style-type: none"> <li>• Hypothermia</li> <li>• Dangers on open water</li> <li>• Rescue breathing, adult and child</li> <li>• Feet-first surface dive</li> <li>• Stride entry</li> </ul>

### Red Cross Swim Kids – Level 9

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> <li>• Front crawl, 100 m</li> <li>• Back crawl, 100 m</li> <li>• Elementary back stroke, 50 m</li> <li>• Breast stroke, 3 x 25 m (in one lesson)</li> </ul>	<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>• Travelling legs, only 3 min.</li> <li>• Combo of stroke drills</li> </ul> <p><b>Distance swim:</b> 400 m</p>	<ul style="list-style-type: none"> <li>• Wise choices – peer influence</li> <li>• Complications of rescue breathing</li> <li>• Boating regulations</li> <li>• Self-rescue – fallen through ice</li> <li>• Head-first surface dive</li> <li>• Standing shallow dive</li> </ul>

## Red Cross Swim Kids – Level 10

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> <li>• Front crawl, 100 m</li> <li>• Back crawl, 100 m</li> <li>• Elementary back stroke, 50 m</li> <li>• Breast stroke, 50 m</li> </ul>	<p><b>Kicking drills:</b> dolphin kick (vertical), 3x 10 sec.</p> <p><b>Strokes:</b></p> <ul style="list-style-type: none"> <li>• butterfly drill, 3 x 10 m</li> <li>• sidestroke</li> </ul> <p><b>Distance swim:</b> 500 m</p>	<ul style="list-style-type: none"> <li>• Sun smart</li> <li>• Ice rescue from safe zone</li> <li>• Statistically Speaking: Drowning</li> <li>• Next steps</li> <li>• Head/ feet first surface dive with underwater swim 2 m</li> </ul>