

Red Cross Swim Levels and Descriptions



Canadian
Red Cross

Level	Age Range	Program Goals and Achievements
Red Cross Swim Preschool: Starfish Duck & Sea Turtle	Preschool Parented (4 months -36 months)	<ul style="list-style-type: none"> - Orientation to water for babies and toddlers and their parent/caregiver - Babies must be able to hold their head up on their own - The goals of this program are to learn buoyancy, different water movements and start the early stages of skill development through the use of songs, games and active water play. - This level is participation-based only, without formal evaluation
Red Cross Swim Preschool: Sea Otter Salamander	Preschool Unparented (3-5 years)	<ul style="list-style-type: none"> - Swimmers will work on front and back floats and glides, kicking on front with a buoyant object, and will be able to swim 2 meters upon completion of these levels. - They are able to jump into chest-deep water unassisted as well as are learning to add more kicking into their swimming. - Swimmers will learn age- appropriate water safety skills - This level also is suitable for children new to swimming lessons.
Red Cross Swim Preschool: Sunfish Whale Crocodile	Preschool- Plus (3-6 years)	<ul style="list-style-type: none"> - Swimmers continue to learn ways to progress their glides while working on developing techniques around the strokes. - Swimmers will work on kicking drills and increase their swimming distances - They will be able to swim 10 meters upon completion of these levels as well as be able to surface support in deep water. - They are able to rhythmically breathe side to side and fully submerge in the water.
Red Cross School Aged: Swim Kids 1-3	School Aged Swim (5 -12 years)	<ul style="list-style-type: none"> - Swimmers will work on kicking, gliding (front and back for various distances), entering deep water safely, and progress to floating in deep water, depending on level. - The proper use of a PFD will be taught with the goal of independent swimming for a distance of 5-15 meters depending on ability and level.
Red Cross School Aged: Swim Kids 4-6	School Aged Swim Plus (5-12 years)	<ul style="list-style-type: none"> - Swimmers will develop their front and back crawl with gradually increased distance based on level. - Surface support and a variety of strokes will be introduced and refined throughout the course. - Topics covered will include; personal safety, boating safety and the rescue of others using objects, level dependent.
Red Cross School Aged: Swim Kids 7-10	School Aged Swim Enhanced (5-12 years)	<ul style="list-style-type: none"> - Swimmers will build upon previous skills and strokes increasing both distances and duration based on level. - These levels introduce the concepts of airway and breathing obstructions, reach assists and side entry. - Endurance swims and timed treading water will be incorporated in the higher levels. - Participants must be able to swim 50m consistently.