

NEW PROGRAM STRUCTURE



EQUIVALENCY BETWEEN FORMER AND NEW PROGRAM

Former Program	New Program
AquaTots	Red Cross Swim Preschool
Level 1	Starfish
Level 2	Duck
Level 3	Duck/Sea Turtle
AquaQuest	Red Cross Swim Preschool
Level 1 incompleted	Sea Turtle
Level 1 completed	Salamander
Level 2 incompleted	Salamander
Level 2 completed	Sunfish
Level 3 incompleted	Sunfish
Level 3 completed	Crocodile
Level 4 incompleted	Crocodile
Level 4 completed	Whale
Level 5 incompleted	Whale
AquaQuest	Red Cross Swim Kids
Level 1 completed or incompleted	Level 1
Level 2 completed or incompleted	Level 1
Level 3 completed or incompleted	Level 2
Level 4 completed or incompleted	Level 3
Level 5 completed or incompleted	Level 4
Level 6 completed or incompleted	Level 5
Level 7 completed or incompleted	Level 6
Level 8 completed or incompleted	Level 7
Level 9 completed or incompleted	Level 8
Level 10 completed or incompleted	Level 9
Level 11 completed or incompleted Level 12 incompleted	Level 10

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

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

Red Cross Swim Preschool – Sea Turtle Level

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

Red Cross Swim Preschool – Salamander Level

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

Red Cross Swim Preschool – Sunfish Level

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

Red Cross Swim Preschool – Crocodile Level

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

Red Cross Swim Preschool – Whale Level

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

RED CROSS SWIM KIDS PROGRAM CONTENT

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

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

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

Red Cross Swim Kids – Level 4		
Swimming	Fitness Activities	Skills and Water Safety
<p>Breathing: rhythmic breathing, 15 times (Front Crawl Specific)</p> <p>Glides:</p> <ul style="list-style-type: none"> • Front glide/side glide combo • Back glide and kick and shoulder roll, 3 x 10 m (in one lesson) • Front Crawl 3x10 m (in one lesson) 	<p>Kicking drills: Flutter kick drill on back 3 x 15 m</p> <p>Distance swim: 25 m</p>	<ul style="list-style-type: none"> • Self-safety • Show how to contact EMS • Self-safety – safe diving • Disorientating entries • Kneeling dive • Surface support, deep water, 45 sec.

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

Red Cross Swim Kids – Level 6

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

Red Cross Swim Kids – Level 7

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

Red Cross Swim Kids – Level 8

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

Red Cross Swim Kids – Level 9

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

Red Cross Swim Kids – Level 10

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