CANADIAN RED CROSS SWIM PROGRAM

ANTIGONISH COUNTY RECREATION is now offering the new and updated Red Cross swimming and water safety program your children will love. The new program builds on the best parts of the former program (AquaQuest), and adds some new great features:

- a brand-new preschool program for children aged 4 months to 5 years
- a shortened youth program for ages 6+ (Red Cross Swim Kids is 10 levels instead of the 12 levels in Red Cross AquaQuest)
- an even stronger Instructor Development Program
- a greater focus on fitness and fun to help kids develop healthy habits for life
- fun badges, stickers, animal mascots for preschoolers. The program materials will delight you and your children

Why a New Program?

- to respond to new market trends as identified in a national market research done in 2003 that included focus groups, surveys, interviews with pool decision makers, instructors, instructor-trainers and clients. The new program responds to the needs of today's parents as identified by the national research. Research revealed that parents: want their children to have knowledge to help keep them safe around the water; believe learning to swim is one of the most important skills they can give their children; feel swimming lessons are an excellent opportunity to increase their children's physical activity. As a result, the Canadian Red Cross Society has built on the best parts of the old program (AquaQuest) and developed a new and improved program: Red Cross Swim.

For more information visit www.redcross.ca/article.asp?id=000881&tid=024

Share the joy of swimming!

Red Cross Swim Preschool

7- level program for children 4 months to 5 years of age

During **Starfish** and **Duck** levels, the parent or caregiver will participate in the classes together with their child.

Sea Turtle level (31 to 36 months) can provide a transition where parents can gradually leave their preschooler with the instructor.

Progression for these lower levels is based on participation and age.

Sea Turtle (3 to 5 years), **Salamander**, **Sunfish**, **Crocodile**, and **Whale** levels are unparented - the children will be with the instructor at all times.

Progression for the 5 upper levels:preschoolers aged 3 to 5 move through levels based on skill evaluation

Starfish
4 to 18 months

An introductory class for babies and their parent or caregiver. To enter this level, babies must be able to hold their head up. The goal of this orientation to water class is to experience buoyancy, movement, entries, and songs and play in the water.

Duck
19 to 30 months

For toddlers or older babies with a parent or caregiver. Toddlers build confidence while enjoying the water through games, songs and active water play.

Sea Turtle
31 to 36 months (parented)

3 to 5 years (unparented)

A transitional level for preschoolers and their parents. Parents can gradually transfer the preschoolers to the care of the instructor. For children 3-5 years old who have not previously taken swimming lessons, Sea Turtle is where they will enter the program. This level develops skills in swimming, glides, and floating and builds awareness of deep water and safe entries.

Salamander
3 to 5 years

Preschoolers actively learn new swimming skills including assisted floats and glides through games and songs. The fun includes learning to jump into chest deep water.

Sunfish
3 to 5 years

Assisted by an Instructor, preschoolers work on stroke and skills progressions. Learning also focuses on good judgement in, on and around the water, and entries and floats in deep water.

Crocodile
3 to 5 years

Preschoolers start independent glides and kicking in deep water. Endurance is built through increasing distance for front and back swims. Swimmers learn about the dolphin kick and try synchro skills in the water.

Whale
3 to 5 years

In Whale, children will learn to swim independently and participate in team games. Preschoolers will increase their distance and improve skills in front and back swims. Swimmers also learn about throwing assists to help another person in the water.

SWIM WITH THE BEST

Achieve your best with every stroke

Red Cross Swim Kids

10-level program for children age 6 years and up

Placement in the program depends on age, skill proficiency, previous experience, and readiness

Progression is based on skill evaluation.

LEVEL 10 Further refinement of strokes, with an introduction to butterfly and scissor kick as a warm-up/cool down stroke for fitness. Children learn about sun safety, rescue of others from the ice, and head-first and feet-first shallow dives. Endurance is built using dolphin kick and butterfly drills and a 500-metre swim.

LEVEL 9 Front crawl, back crawl, elementary backstroke and breaststroke continue to be refined. In this level children are encouraged to try combining different strokes and kicks for fitness. They also work on head-first shallow dives and standing dives and learn about wise choices, peer influences, and self-rescue from ice. Endurance is built through a 400-metre swim.

LEVEL 8 Level 8 provides an introduction to the breastroke, foot first surface dives, and rescue entries. Children learn about the dangers of open water, hypothermia, and the performance of rescue breathing on children and adults. Endurance is built on the dolphin kick and 300-metre swim.

LEVEL 7 Level 7 continues to build skills and endurance for front crawl, back crawl and elementary back stroke and introduces whip kick on the front. Children learn about airway and breathing obstructions, and participate in timed treading water for increasing endurance. Endurance is built through timed treading water and a 150-metre swim.

LEVEL 6 Front and back crawl continue to be refined as the elementary backstroke is newly introduced. Children are also introduced to safety on ice, elementary rescue of others with throwing assists, treading water and the front dive. Endurance is built through a 75-metre swim.

LEVEL 5 Back crawl is introduced, along with sculling skills and whip kick on the back. Children try stride dives and receive an introduction to safe boating skills. Endurance is developed through dolphin kick and a 50-metre swim.

LEVEL 4 The front crawl, back glide and shoulder roll for back crawl are further developed. Children work on kneeling dives, surface support and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25-metre swim.

LEVEL 3 This level provides an introduction to front crawl as well as the foundation for making wise choices on where and when to swim. Diving is introduced and children will work on floats and changing direction. Endurance is achieved by building strength in flutter kick and a 15-metre swim.

LEVEL 2 This level helps the child build skills in front and back swims. Children are introduced to deep water activities and proper use of a Personal Flotation Device (PFD). Endurance is built on flutter kicking with assisted glides.

LEVEL 1 This is an entry level for children ready to move in shallow water. This level provides an orientation to the water and the pool area and introduces floats and glides with kicks. Children build their endurance by improving distance.

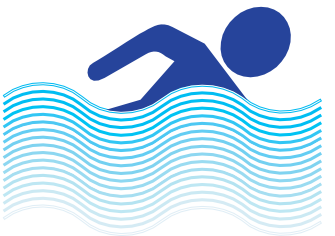
SWIM WITH THE BEST

NEW RED CROSS SWIM PROGRAM ENROLLMENT CHART

★ **Switching from Old Program to New Program**:
Enrol your child in the NEW program level listed beside the level in which your child was last enrolled.

★ **First Time Enrolling**:
Choose the NEW program level corresponding with the age of your child on the right side of the table.

★ **Switching from Swim Preschool to Swim Kids:** see table on following page.

OLD PROGRAM	NEW PROGRAM	AGE REQUIREMENTS
	Red Cross Swim Preschool Child must be accompanied by a parent or caregiver in the pool.	
AdultTots →→	Starfish	4 - 18 months
	Duck	19 - 30 months
	Sea Turtle A	31 - 36 months
AquaQuest	**Red Cross Swim Preschool** These levels are unparented: children will be with the instructor for the duration of the class.	
Level 1 P incompleted →→	Sea Turtle B	3 - 5 years of age **Please Note**: 3 year olds must be 3 years of age on or prior to the last day of the current session enrolled in.
Level 1 P completed & Level 2 P incomplete →→	Salamander	
Level 2 P completed & Level 3 incomplete →→	Sunfish	
Level 3 completed & level 4 incomplete →→	Crocodile	
Level 4 completed & Level 5 incomplete →→	Whale	
AquaQuest	**Red Cross Swim Kids**	
Level 1S completed or incomplete →→	Level 1	6 years of age & up **Please Note**: 6 year olds must be 6 years of age on or prior to the last day of the current session enrolled in. 
Level 2S completed or incomplete →→	Level 1	
Level 3 completed or incomplete →→	Level 2	
Level 4 completed or incomplete →→	Level 3	
Level 5 completed or incomplete →→	Level 4	
Level 6 completed or incomplete →→	Level 5	
Level 7 completed or incomplete →→	Level 6	
Level 8 completed or incomplete →→	Level 7	
Level 9 completed or incomplete →→	Level 8	
Level 10 completed or incomplete →→	Level 9	
Level 11 completed or incomplete →→ Level 12 incomplete →→	Level 10	

Make Waves – Become a Water Safety Instructor!

Canadian Red Cross has a long history of training professional instructors who love swimming as much as they love to help others learn.

Red Cross now offers two courses for candidates wanting to become a swimming instructor: Assistant Water Safety Instructor (AWSI) and Water Safety Instructor (WSI).

This 2-tiered approach produces instructors with more advanced skills and better deck readiness. Both courses are a combination of resource study and practical hands-on teaching to get candidates in the pool learning from other Instructors.

RED CROSS SWIM PRESCHOOL to RED CROSS SWIM KIDS

*When a child turns **6 years of age** they move from Swim Preschool to Swim Kids... please use the chart below to choose the correct level.*

If the child took Red Cross Swim Preschool level ↓	Is 6 yrs. of age & has completed or incompleted...	Then enroll in Red Cross Swim Kids Level ↓
Starfish	Completed or Incomplete	1
Duck	Completed or Incomplete	1
Sea Turtle	Completed or Incomplete	1
Salamander	Completed or Incomplete	1
Sunfish	Completed or Incomplete	2
Crocodile	Incomplete	2
Crocodile	Completed	3
Whale	Completed or Incomplete	3

Assistant Water Safety Instructor Course (AWSI)

30-hour program (+ 8 hours teaching experience) for ages 15 years and up

This certification course is a prerequisite to the Red Cross Water Safety Instructor Course.

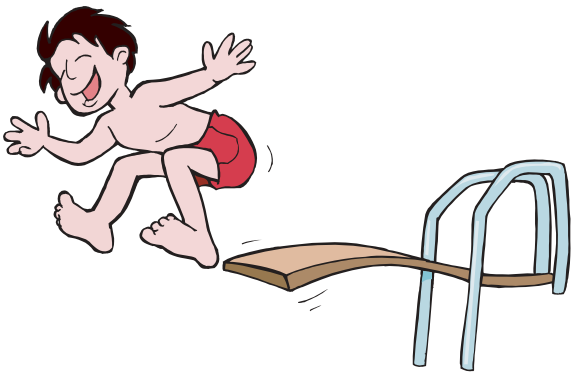
The course covers the **foundation of instructional skills** including teaching methods, learning styles, physical principles, progressions, communication, safety supervision and feedback. Candidates are evaluated during 8 hours of assistant teaching and through individual study assignments.

Upon successful completion of the course, candidates are certified as **Assistant Water Safety Instructors**, enabling them to co-teach the Red Cross Swim programs under the supervision of a fully certified Water Safety Instructor. Once certified, Assistant Water Safety Instructors have two years to become Water Safety Instructors.

Water Safety Instructor Course (WSI)

25-hour program (+12hours teaching experience) for ages 16 years and up.

The course further develops instructional ability by focusing on **how to effectively plan and teach** the Red Cross Swim continuum: Red Cross Swim Preschool, Red Cross Swim Kids and AquaAdults.

The course focuses on how to apply the information learned in the Assistant Water Safety Instructor Course to the Red Cross Swim programs. Other topics include instructional emergency response skills and stroke development, drills, and corrective strategies. Candidates apply their teaching skills and knowledge during 12 hours of practical teaching experience.

Upon successful completion of the course, candidates are certified as **Water Safety Instructors**. To remain valid, the Water Safety Instructor status must be recertified every two years.