



Red Cross Swim Preschool is an eight-level stand-alone program for four-month to six-year-old children that allows swimmers to enter various levels based on age and ability.

Each level is represented by an animal mascot that is incorporated into the content and makes the lesson engaging and fun, through songs and activities. Lesson plans are available to help Water Safety Instructors run dynamic classes for this age group.

Program Structure

Starfish



4-12 months

Parented, progression based on age

Duck



12-24 months

Parented, progression based on age

Sea Turtle



24-36 months

Parented, progression based on age

Sea Otter



3-5 years

Unparented, progression based on the successful completion of all performance criteria

Salamander



3-5 years

Unparented, progression based on the successful completion of all performance criteria

Sunfish



3-6 years

Unparented, progression based on the successful completion of all performance criteria

Crocodile



3-6 years

Unparented, progression based on the successful completion of all performance criteria

Whale



3-6 years

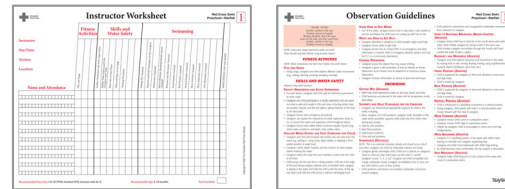
Unparented, progression based on the successful completion of all performance criteria

Program Materials

- *Red Cross Swim News: Overview, Preschool 4-36 months, and Preschool 3-6 years* (information piece for parents, [electronic format](#))



- *Red Cross Swim Preschool Instructor Worksheets* (tool for tracking attendance and completion, [electronic format](#))



- *Red Cross Swim Preschool Mid-Session Progress Report* (tool for communicating with parents about their child's progress half-way through the lesson set, [electronic format](#))



- *Red Cross Swim Preschool Progress Booklet* (tracking tool that Instructors complete after each level)



- *Red Cross Swim Preschool Participation Sticker*



- *Red Cross Swim Preschool Completion Stickers* (one for each level)



INFORMATION

<< EVALUATION

RECOGNITION



Red Cross Swim Kids is a 10-level stand-alone program for five to twelve-year-old children. Children learn to swim, be fit, and stay safe in a fun environment that promotes achieving a personal best and celebrates personal success.

The program teaches competitive and survival strokes, as well as increasing the distance and speed that each swimmer can achieve, while focusing on making safe decisions in, on and around the water.

Program Structure

The 10 levels of the program allow for solid progression of skills and knowledge.

- The **skills and water safety** throughout the program are targeted to each age group, with an increased focus on staying active and safe in the water.
- **Swimming strokes** are built throughout the levels, using solid, proven progressions with a focus on drills and distance.
- The **fitness activities** components build endurance and promote individual success and improvement. They also encourage lifelong physical activity as part of a healthy lifestyle.

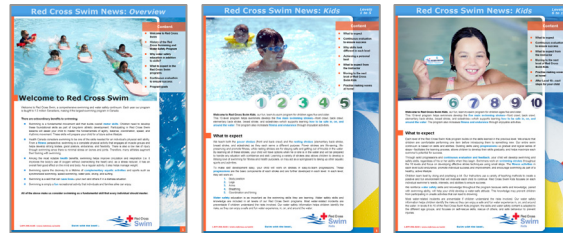
Evaluation

The program is based on a foundation of continuous evaluation that challenges the individual swimmers to continually go beyond what they have acquired.

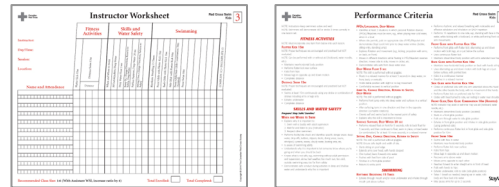
The Water Safety Instructors use performance criteria on the Instructor worksheets to determine the minimum standards for each item in the level, while targeting feedback and practice opportunities to the learning needs of each swimmer.

Program Materials

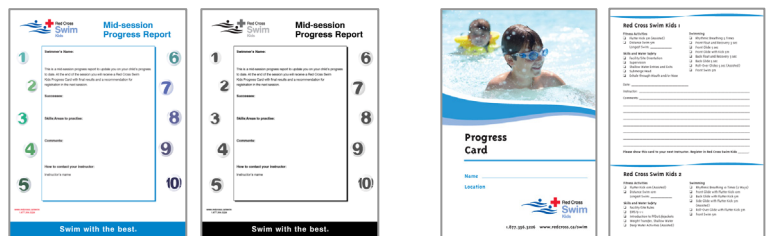
- *Red Cross Swim News: Overview, Red Cross Swim Kids 1-5 and Red Cross Swim Kids 6-10* (information piece for parents, [electronic format](#))



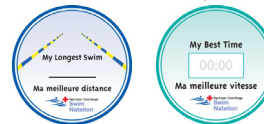
- *Red Cross Swim Kids Instructor Worksheets* (tool for tracking attendance and completion, [electronic format](#))



- *Red Cross Swim Kids Mid-Session Progress Report* (Instructor tool to communicate with parents about their child's progress half-way through a lesson set, [electronic format](#)) and *Red Cross Swim Kids Progress Card* (tracking tool that Instructors complete at the end of a lesson set to track progress)



- *Personal Best Fitness Sticker – Distance* (RCSK 1 to 5) and *Time* (RCSK 6 to 10)



- *Red Cross Swim Kids Recognition Badges*



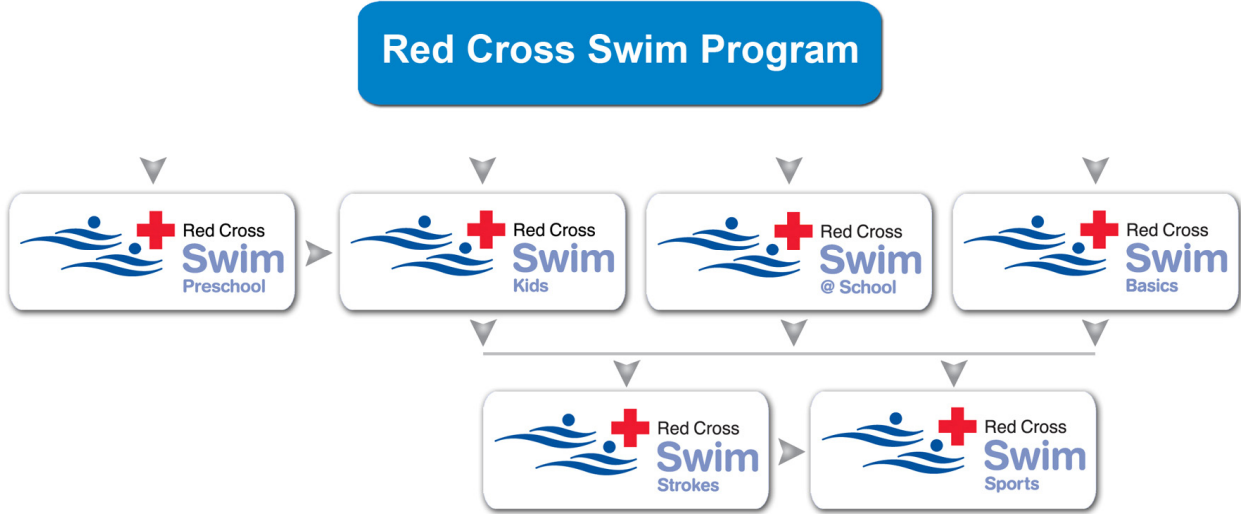
- *Red Cross Swim Kids Completion Medal and Completion Certificate*



INFORMATION

EVALUATION

RECOGNITION



Red Cross Instructor Development Program



* Position designated by Canadian Red Cross

Legend: ➤ = entry point



LEARN TO SWIM PROGRAM COMPARISON BY ORGANIZATION

RED CROSS SWIM PRESCHOOL	Lifesaving Society – Swim for Life
Starfish	Parent & Tot 1 (3 mth – 1 yr)
Duck	Parent & Tot 2 (1-2 yrs)
Sea Turtle	Parent & Tot 3 Preschool 1
Sea Otter	Preschool 2
Salamander	Preschool 3
Sunfish or Crocodile (IC)	Preschool 4
Crocodile (C) Whale (IC) or (C)	Preschool 5
RED CROSS SWIM KIDS	Lifesaving Society – Swim for Life
RCSK 1 (IC) or RCSK 1 (C) RCSK 2 (C)	Swimmer 1
RCSK 2 (C) RCSK 3 (IC)	Swimmer 2
RCSK 3 (C) RCSK 4 (IC)	Swimmer 3
RCSK 4 (C) or RCSK 5 (IC) RCSK 5 (C)	Swimmer 4
RCSK 6 (IC) or (C) or RCSK 7 (IC)	Swimmer 5
RCSK 7 (C)	Swimmer 6
RCSK 8 (IC) or (C)	Rookie Patrol
RCSK 9 (IC) or (C)	Ranger Patrol
RCSK 10 (IC) or (C)	Star Patrol
RED CROSS SWIM BASICS	Lifesaving Society – Swim for Life
Red Cross Swim Basics 1	Adult 1
Red Cross Swim Basics 2	Adult 2
Red Cross Swim Basics 2	Adult 3

Prepared: February 2011

*Comparison chart should be used as a guide only. Please reference the **Red Cross Swim instructor worksheets** to ensure participants are registered in the appropriate level.*



LEARN TO SWIM PROGRAM COMPARISON BY ORGANIZATION

RED CROSS SWIM PRESCHOOL	YMCA
Starfish	Splashers (3 - 18 mth)
Duck	Bubblers (19 mth – 3 yrs)
Sea Turtle	Bobbers (19 mth – 3 yrs) (parented)
Sea Otter	Bobbers (unparented)
Salamander	Floaters/Gliders
Sunfish	Divers
Crocodile	Surfers
Whale	
	Dipper (Incomplete ready for RC Swim Kids 3 or 4) (Complete ready for Red Cross Swim Kids 4 or 5)
RED CROSS SWIM KIDS	YMCA
Red Cross Swim Kids 1	Otter
Red Cross Swim Kids 2	Seal
Red Cross Swim Kids 3	Seal
Red Cross Swim Kids 4	Dolphin
Red Cross Swim Kids 5	Swimmer
Red Cross Swim Kids 6	Star 1
Red Cross Swim Kids 7	Star 2
Red Cross Swim Kids 8	Star 3
Red Cross Swim Kids 9	Star 4
Red Cross Swim Kids 10 – incomplete	Star 5
Red Cross Swim Kids 10 - complete	Star 6
RED CROSS SWIM	Young Adult and Up
Red Cross Swim Basics 1	Adult Level 1
Red Cross Swim Basics 2	Adult Level 2
Red Cross Swim Strokes	Adult Level 3

Prepared: February 2011

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LEARN TO SWIM PROGRAM COMPARISON BY ORGANIZATION

RED CROSS SWIM PRESCHOOL	I CAN SWIM
Starfish	Ducklings (3 mth – 1 yr)
Duck	Dinos (1-3 yrs)
Sea Turtle	Dinos (1-3 yrs)
Sea Otter	Dolphins 1
Salamander	Dolphins 1
Sunfish	Dolphins 2
Crocodile	Dolphins 3
Whale	Dolphins 3
RED CROSS SWIM KIDS	I CAN SWIM
Red Cross Swim Kids 1	Stage 1 – Beginner
Red Cross Swim Kids 2	Stage 1 - Intermediate
Red Cross Swim Kids 3	Stage 1 – Advanced
Red Cross Swim Kids 4	Stage 2 – Beginner
Red Cross Swim Kids 5	Stage 2 – Intermediate
Red Cross Swim Kids 6	Stage 2 – Advanced
Red Cross Swim Kids 7	Stage 3 – Beginner
Red Cross Swim Kids 8	Stage 3 – Intermediate
Red Cross Swim Kids 9	Stage 3 – Advanced
Red Cross Swim Kids 10	Stage 3 – Advanced
RED CROSS SWIM	I CAN SWIM – Aquatics for Life
Red Cross Swim Basics 1	The Start
Red Cross Swim Basics 2	The Next Step
Strokes or Sports Triathlon/Swim Workout	Aquatics for Fitness

Prepared: February 2011

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