

LRC Aquatic Centre
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Parents, Caregivers and Guardians,

The Aquatic Services instructors at the LRC Aquatic Centre are excited that your child will soon be participating in our Red Cross Swim lesson program through their school. These lessons are designed to give each student the opportunity to participate in swimming lessons as part of his/her physical education.

Students will receive instruction, practice time and verbal feedback regarding his/her swimming progress throughout the lessons. Our instructors will teach and continually evaluate student's skills specific to their level of the Red Cross Swim Program. At the end of the session each student will receive a Red Cross Report Card outlining their accomplishments and the skills that may still require practice. If the level was completed the student will receive a Red Cross level badge/sticker and be notified to register in the next level. Often it takes more than one session to complete a level; in this instance every child will receive a sticker (Preschool Program Mascot sticker or Swim Kids Program Distance/Best Time sticker) as well as written feedback regarding what they should continue to practice in order to move on to the next level.

We want to work with you to place your child in the correct level. In this package we have included the Red Cross Program Level Registration Guide. If your child has not participated in the Red Cross Swim program in a long time or ever, please use this guide to determine the level your child should be registered into – if you have questions, Aquatic Services staff are more than happy to help. Please note that due to small student numbers or limited instructors, more than one level may be combined in a single class. If your child has a Progress Card from their previous lessons please have them give it to the instructor on the first day of lessons. This will help us to place your child in the appropriate swimming level as well as maintain a current record of your child's progress.

If you are planning on registering your child for evening or weekend lessons we recommend you wait until the school lessons are completed. If your child is registered in both please ensure he/she is registered in the same level and that the instructors are informed, to prevent any inconsistencies.










We would like to remind parents that Capital Health recommends that anyone who is ill or have experienced diarrhea in the past two weeks refrain from entering the pool. For more information please contact Capital Health at 780-408-5465. Any child that is not potty trained will be required to wear the appropriate swim diapers to enter the pools; these can also be purchased at Guest Services.


At all times a teacher will be present on the pool deck to assist with supervision. *Please note it is the responsibility of the parents and the school to supply an aid for any student we deem as requiring assistance in the water. For our swimmers who have an Educational Assistant in the classroom, we do require that assistant to be in the pool with them for all lessons as well.* If you have any questions about the program, please contact the aquatic centre and speak with the Aquatic Programs Coordinator or your school directly. We look forward to seeing your child at the aquatic centre!

Sincerely,

Aquatic Services Team
Leduc Recreation Centre

Program Level Registration Guide

<p>An 8 Level program for children 4 months to 5 years of age. Give your child the gift of water fun and swimming at an early age. Songs, games and introductory swimming skills will make your child comfortable and happy in the water.</p>	
<p>This is an introductory level for babies and their parents/caregivers. The goals are to help babies experience buoyancy and movement through swim, songs and play in the water and to teach the parent/caregiver age-specific water safety. Ages: 4 months-1 years (Parented Program)</p>	<p>Red Cross Swim Preschool – Starfish</p> 
<p>This level focuses on an orientation to the properties of water for toddlers and their parent/caregiver. Swimmers learn how to use floating objects for support through games, songs and active water play. Ages: 1 year- 2 years (Parented Program)</p>	<p>Red Cross Swim Preschool – Duck</p> 
<p>This is a transitional level where the parent/caregiver can gradually leave the water and transfer the preschooler to the care of the Instructor. Swimmers learn, through fun games and songs, the basics of the front swim, how to kick, jump into chest-deep water and blow bubbles under water. Safety skills include awareness of deep water and safe entries. Ages: 2 years -3 years (Parented Program)</p>	<p>Red Cross Swim Preschool – Sea Turtle</p> 
<p>Transitional level that transfers the preschooler to the care of the Instructor. Most skills are assisted by the Instructor. Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides and swim 1 meter. They also learn age-appropriate water safety skills. Ages: 3-5 years (Unparented)</p>	<p>Red Cross Swim Preschool – Sea Otter</p> 
<p>Swimmers enter this level if they have successfully completed Sea Otter. Swimmers learn to swim 2 meters, stay afloat for 5 seconds, open eyes under water, float without assistance and jump into chest-deep water. Safety skills include choosing floating objects for assistance and using a Personal Flotation Device (PFD). Games and songs enhance the fun of the class. Ages: 3-5 years (Unparented)</p>	<p>Red Cross Swim Preschool – Salamander</p> 
<p>Swimmers enter this level if they have successfully completed Salamander. Swimmers learn to swim 5 meters, float without assistance in deep water, and jump into chest-deep water while maintaining surface support for 5 seconds. Safety skills include deep-water skills and use of a Personal Flotation Device (PFD). Games and songs are part of the class. Ages: 4-5 years (Unparented)</p>	<p>Red Cross Swim Preschool – Sunfish</p> 
<p>Swimmers enter this level if they have successfully completed Sunfish. Swimmers learn, through songs and other fun activities, to swim 5 meters on their front and back, perform a dolphin kick and begin using rhythmic breathing. Safety skills include recognizing when a swimmer needs help. Ages: 4-5 years (Unparented)</p>	<p>Red Cross Swim Preschool – Crocodile</p> 
<p>Swimmers enter this level if they have successfully completed Crocodile. Swimmers learn, through fun activities, to swim 10 meters, jump into chest-deep water while maintaining surface support for 20 seconds, and perform a front and back crawl for 7 meters. Safety skills include jumping into and changing direction in deep water. Ages: 4-5 years (Unparented)</p>	<p>Red Cross Swim Preschool – Whale</p> 

<p>This is a 10-level program for children 6 to 12 years of age. Help your child develop a healthy lifestyle through swimming. Your child will learn to swim and stay safe in a fun environment that promotes a personal best and celebrates individual success.</p>	
<p>This level provides swimmers with an orientation to water and the pool area, working on floats, glides and kicking without assistance. Swimmers build their endurance by working on flutter kick and 5m front swim.</p>	<p>Swim Kids 1</p>
<p>This level works on propulsion skills to move through the water and remain at the surface. Swimmers work on 5m front swim, learn about deep-water activities and how to use Personal Flotation Devices (PFD). Fitness activities include 10m flutter kick and a 10m distance swim.</p>	<p>Swim Kids 2</p>
<p>This level provides an introduction to diving, surface support and teaches swimmers how to make wise choices about where and when to swim. Fitness activities include working on 15m flutter kick and 10m front swim. Endurance is built through a 15m distance swim.</p>	<p>Swim Kids 3</p>
<p>This level introduces front crawl (10m) and back swim with shoulder roll (15m). Swimmers work on kneeling dives, surface support (45 seconds in deep water) and developing a sense of self-safety by understanding their own limits. Endurance is built through a 25m distance swim.</p>	<p>Swim Kids 4</p>
<p>This level introduces back crawl (15m), sculling, whip kick on the back (10m), stride dives and treading water (1 min in deep water). An introduction to safe boating skills is also included. Front crawl increases to 15m and endurance is developed through a 50m distance swim.</p>	<p>Swim Kids 5</p>
<p>This level refines front crawl (focus on hand entry and breathing (25m), back crawl (focus on arm positions and body roll (25m) and introduces elementary backstroke (15m). Ice safety, rescuing others with throwing assists, front dives, dolphin kick, and treading water (1.5 min in deep water) are also learned. Endurance is built through a 75m distance swim.</p>	<p>Swim Kids 6</p>
<p>This level builds skills and endurance for front crawl (50m), back crawl (50m) and elementary back stroke (25m), and introduces whip kick on the front (15m). Swimmers learn about airway and breathing obstructions, reaching assists and stride entries. Endurance is increased to a 150m distance swim.</p>	<p>Swim Kids 7</p>
<p>This level introduces breast stroke (15m) and feet-first surface dives. Front crawl and back crawl distances are increased to 75m and elementary backstroke increases to 25m. Swimmers learn about the dangers of open water and hypothermia, performing rescue breathing on children and adults, using eggbeater to tread water (3 min) and standing shallow dives. Endurance is built through a 300m swim.</p>	<p>Swim Kids 8</p>
<p>This level refines front crawl (100m), back crawl (100m), elementary back stroke (50m) and breast stroke (25m), and introduces sidestroke (15m). They also work on head-first surface dives and learn about wise choices, peer influences and self-rescues from ice. Endurance is built through a 400m swim.</p>	<p>Swim Kids 9</p>
<p>This level is a final assessment of the strokes for technique and distance (front crawl 100m, back crawl 100m, elementary back stroke 50m, breast stroke 50m and sidestroke 25m). Swimmers learn about sun safety, rescue of others from ice and increase fitness with dolphin kick. Endurance is built through a 500m swim.</p>	<p>Swim Kids 10</p>

