

RED CROSS SWIM PRESCHOOL

Red Cross Swim Preschool (RCSP)

The love of swimming starts here

When you choose the Red Cross Swim Preschool program, you're getting:

- A program based on research
- Proven excellence in teaching
- Age-appropriate learning through games and songs
- A focus on your child's safety and comfort

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

Give your child the gift of aquatic fun and swimming at an early age. Songs, games and introductory swimming skills will make your child comfortable and happy in the water. Parents will participate in the classes with their child for the first three levels. Children enter a level based on their age and abilities:

Name	Age	Description
RCSP Starfish 	4-12 months Parented	<ul style="list-style-type: none"> ▪ Orientation to water for babies and their parent/caregiver. ▪ To enter this level, babies must be able to hold their head up. ▪ The goals are to help babies experience buoyancy and movement through songs and play in the water and to teach the parent/caregiver age-specific water safety. ▪ This level is participation-based only, without formal evaluation.
RCSP Duck 	12-24 months Parented	<ul style="list-style-type: none"> ▪ Orientation to water for toddlers and their parent/caregiver. ▪ Age is the only condition for entering this level. ▪ Swimmers learn how to use floating objects for support and explore different water movements through games, songs and active water play. The parent/caregiver also learns age-specific water safety. ▪ This level is participation-based only, without formal evaluation.
RCSP Sea Turtle 	24-36 months Parented	<ul style="list-style-type: none"> ▪ Orientation to water for toddlers and their parent/caregiver. ▪ Age is the only condition for entering this level. ▪ Swimmers learn, through fun games and songs, how to combine skills, how to kick with a buoyant object and how to perform basic floats, glides and kicks. ▪ This level is participation-based only, without formal evaluation.
RCSP Sea Otter 	3-5 years Unparented	<ul style="list-style-type: none"> ▪ Transitional level that transfers the preschooler to the care of the Instructor. All skills are assisted by the Instructor. ▪ Swimmers enter this level when they are 3 years of age ▪ Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim 1 metre. They also learn age-appropriate water safety skills. ▪ Swimmers are evaluated based on performance criteria and progress to Salamander once all criteria have been successfully completed.
RCSP Salamander	3-5 years Unparented	<ul style="list-style-type: none"> ▪ Using games and activities, swimmers learn to swim 2 metres, further develop basic floats and increase their distance on front

		<p>and back glide. Front swim and roll-over glide are also included, and swimmers learn appropriate water safety skills such as how to jump into chest-deep water and how to use a Personal Flotation Device (PFD).</p> <ul style="list-style-type: none"> ▪ Safety skills development includes water orientation, safe entries and exits and only swimming when an adult is present. ▪ Swimmers are evaluated based on performance criteria and progress to Sunfish once all criteria have been successfully completed.
<p>RCSP Sunfish</p> 	<p>3-5 years Unparented</p>	<ul style="list-style-type: none"> ▪ Using games and activities, swimmers learn to swim 5 metres, increase their distance using buoyant objects, increase their front and back glide with kick, and develop their roll-over glide, side glide and front swim. Safety skills include deep-water skills and use of a Personal Flotation Device (PFD). ▪ Safety skills development such as water orientation, safe entries and exits and always asking for permission before going near the water. ▪ Swimmers are evaluated based on performance criteria and progress to Crocodile once all criteria have been successfully completed. ▪ If child is 6 years old & has successfully completed this level, they can be registered in Red Cross Swim Kids 1
<p>RCSP Crocodile</p> 	<p>4-5 years Unparented</p>	<ul style="list-style-type: none"> ▪ Through games and other fun activities, swimmers learn to swim 5 metres on their front and back, perform a dolphin kick and begin using rhythmic breathing. They also progress with kicking drills and increase their swimming distance to 10 metres. ▪ Safety skills include jumping into deep-water and performing surface support for 10 seconds, recognizing when a swimmer needs help and using a Personal Flotation Device (PFD) in deep water. ▪ Swimmers are evaluated based on performance criteria and progress to Whale once all criteria have been successfully completed. ▪ If child is 6 years old & has successfully completed this level, child can be registered in Red Cross Swim Kids 2
<p>RCSP Whale</p> 	<p>4-5 years Unparented</p>	<ul style="list-style-type: none"> ▪ Through fun activities, swimmers perform a front and back swim for 10 metres. Swimmers work on developing their flutter kick and perform a distance swim of 15 metres. ▪ Safety skills include identifying safe swimming areas, jumping into deep water, swimming 5m, surface support for 20 seconds a return to safety, throwing assists and sitting dives. ▪ Swimmers are evaluated based on performance criteria and complete the program once all criteria have been achieved. Children 5 years or older are ready for the appropriate level of Red Cross Swim Kids. ▪ If child is 6 years old & has successfully completed this level, child can be registered in Red Cross Swim Kids 3

Participation in Red Cross Swim may qualify you for the Children's Fitness Tax Credit.