

RED CROSS – PRESCHOOL

STARFISH/DUCK 3 TO 36 MONTHS	Introductory class for babies/toddlers and their parent or caregiver. Babies must be able to hold their head up to enter this level. The goal of this orientation to water class is to experience buoyancy, build confidence, movement in the water, entries, and songs & play in the water.
SEA TURTLE (TOTS) 2 TO 3 YEARS	For 2 year-olds. Swimmers learn how to kick with a buoyant object and how to perform basic floats, glides and kicks. This is a great level to introduce independence, as it is the first time without a parent or caregiver in the water.
SEA OTTER 3 TO 5 YEARS	Swimmers learn to open their eyes under the water, further develop basic floats and glides, and swim 1 metre; assisted by the instructor.
SALAMANDER 3 TO 5 YEARS	Swimmers learn to swim 2 metres, basic floats and increase their distance on front and back glide. Front swim and roll-over glide are also included.
SUNFISH 3 TO 5 YEARS	Swimmers learn to swim 5metres, 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.
CROCODILE 4 TO 6 YEARS	Swimmers learn to swim 5 metres on their front and back, perform a dolphin kick and begin using rhythmic breathing. They progress their swimming distance to 10 metres.
WHALE 4 TO 6 YEARS	Swimmers perform a front and back swim for 10 metres. Swimmers work on developing their flutter kick and perform distance swim of 15 metres.

RED CROSS SWIM KIDS (AT LEAST 6 YEARS OLD)

SWIM KIDS 1	Swimmers work on floats, glides and kicking. Swimmers build endurance by working on the 5 metre swim.
SWIM KIDS 2	Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers work on front swim for 5 metres.
SWIM KIDS 3	This level provides an introduction to deep water activities. Endurance is achieved through building strength in flutter kick and a 15 metre swim.
SWIM KIDS 4	This level introduces front crawl and back swim with shoulder roll. Swimmers work on kneeling dives, surface support and 25 metre endurance swim.
SWIM KIDS 5	Swimmers are introduced to back crawl, sculling skills, whip kick on back, stride dives, and treading water. Front crawl increases in distance and endurance is a 50 metre swim.
SWIM KIDS 6	Swimmers work to refine front crawl, back crawl and an introduction to elementary backstroke. Swimmers tread water for 1 ½ minutes and endurance is a 75 metre swim.
SWIM KIDS 7	This level builds skills and endurance for front crawl, back crawl and elementary backstroke. Introduction to breaststroke skills. Endurance is increased to 150 metres.
SWIM KIDS 8	Swimmers learn breaststroke and feet first surface dives. Swimmers participate in timed treading water activities using the eggbeater skill for 3 minutes. Endurance is built to 300 metres.
SWIM KIDS 9	This level refines front crawl, back crawl, elementary backstroke and breaststroke. Endurance is built through a 400 metre swim.
SWIM KIDS 10	This level is a final assessment of the strokes for technique and distance. Endurance is built through a 500 metre swim.

LIFESAVING SOCIETY – BRONZE AWARDS

BRONZE STAR	Bronze Star is a great way to prepare for bronze medallion. Participants develop such skills as problem solving and decision-making in both an individual and group setting. Recommended for those with successful completion of Swim Kids 10.
BRONZE MEDALLION	Prerequisite 13 years old OR hold Bronze Star. Course content includes water rescue, endurance, decision-making, CPR and victim emergency first aid.
BRONZE CROSS	Prerequisite Bronze Medallion. The next step in your lifesaving career, this course includes water rescuers, first aid and will prepare you to take National Lifeguard.