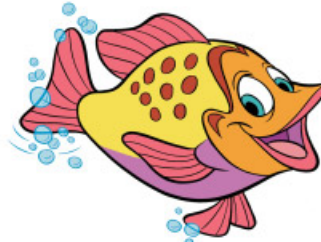


Red Cross Swim News



Sunfish

You're Making Waves!

Welcome to Red Cross Swim Preschool

Congratulations on choosing Canada's largest and most recognized swimming and water safety program. While providing a positive learning experience, Red Cross Swim Preschool sets the foundation for a lifetime of swimming and fitness.

We're proud to offer:

- Quality Instructors who train for more than 75 hours and have practical teaching experience.
- Learning made fun through songs and games in a safe environment.
- A balanced program that teaches swimming skills and how to be safe in the water.
- Seamless progression of swim classes from infants to young teens.

What do Sunfish learn?

Jump on in! In Sunfish classes, your child will:

- Learn to swim a distance of five metres.
- Stop! Look! Ask! an adult before entering the water – an important safety lesson.
- Jump into chest-deep water and maintain surface support for five seconds – an essential skill for entering deep water.
- Float on his or her front and back in deep water.
- Perform front, back and rollover glides with kicking.
- Learn how to stay safe in, on and around the water.

We believe your child should develop swimming skills in a fun, comfortable environment. Our Instructors use games and activities to teach and reinforce skills, help your child overcome fears, and create a positive experience.

How are Sunfish evaluated?

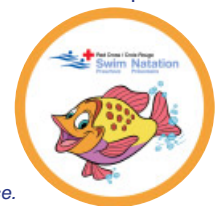
Swimmers move through levels 3 – 7 of Red Cross Swim Preschool based upon their skills achieved at each level.

Our Instructors remember what it's like to be a child, and they use lots of positive reinforcement to help individual swimmers to improve their skills. Your child will be encouraged to participate in all activities. When your child attempts a skill, it will be recorded in his or her Progress Booklet.

The Instructor will continuously monitor and evaluate your child's progress. Your child must master each of the Sunfish skills before moving to Crocodile level. If your child has not yet mastered all of the skills required to move to Crocodile (Level 6), he or she may repeat Sunfish*. Children who are six years old or older are ready for the appropriate level of Red Cross Swim Kids.

At the conclusion of Sunfish classes, **all swimmers will receive a fun sticker.**

** It is important to remember that all swimmers advance at their own pace. Not completing a level the first or even the second time just means some important skills need to be strengthened before moving to the next level. See "Practise Making Waves at Home" for more information on how to support your child.*



Sponsored by:



1.877.356.3226 | www.redcross.ca

Swim with the best

Where do Sunfish go from here?

As your child progresses to a new level, he or she will improve swimming skills, build endurance, and continue to focus on water safety.

In Crocodile (Level 6), your child will learn to:

- Swim five metres on front and back
- Breathe in/out of the mouth using rhythmic breathing
- Stop! Call for help! to help a distressed swimmer
- Perform a dolphin kick
- Recognize swimming skills as essential to water sports
- Perform front, back and rollover glides with kicking for longer distances

If your child is ready for Red Cross Swim Kids, please check with your Instructor or facility for a description of the appropriate level.

Parents and caregivers: keep your swimmer afloat!

Even when you're not in the water, you play an essential role in Red Cross Swim Preschool. Your enthusiasm and encouragement can make your child's swim lessons a fun and rewarding experience.

Here's how you can help:

- Understand that the physical abilities of children vary greatly, resulting in development at different rates.
- Avoid putting pressure on achievement; encourage your child to enjoy swim lessons and take pride in personal success.
- Praise your child for his or her effort and recognize newly acquired skills.

Success tips for your Sunfish

- Bring a light snack and drink for your child. Kids are often hungry and tired after a lesson.
- Talk to the Instructor if you are not sure that the level is right for your child. The Instructor may re-evaluate your child and move him or her to the appropriate level.
- Put a light, close-fitting t-shirt on your child if you think he or she may get cold.



Practise making waves at home!

How can you build on your child's swimming experience?

- Repeat the Stop! Look! Ask! games at home to reinforce important safety lessons.
- Ask your child to repeat songs from class.
- Take your child to public or family swims to practise skills and increase endurance.

Family Tips

- **Put safety first** – every member of your family should wear a lifejacket on the water! Check out www.boatsmartcanada.com for information on how to fit your child with a lifejacket.
Source: Canadian Red Cross National Drowning Report
- **Share the joy of swimming with your child by taking AquaAdults at your pool!** This Red Cross program helps adults learn to swim or improve their swimming skills.

