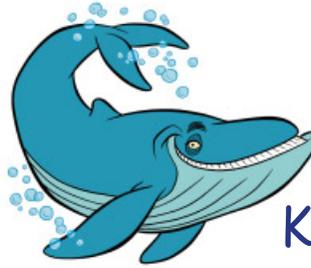


Red Cross Swim News



Whale

Keep on Swimming!

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 Whales learn?

Jump on in! In the Whale class, your child will:

- Swim a greater distance – ten metres
- Jump into chest-deep water and stay safe at the surface for 20 seconds – an important self-rescue skill
- Stop! Throw! Call for help! to aid a distressed swimmer
- Perform a front crawl using appropriate technique for seven metres
- Perform a back swim using appropriate technique for seven metres
- Learn how to stay safe in, on and around the water

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

How are Whales 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 encourage 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 Whale skills in order to successfully complete the Whale level. If your child has not yet mastered all of the skills, he or she may repeat Whale*. Children who are six years old or older are ready for the appropriate level of Red Cross Swim Kids.

At the conclusion of Whale 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.*



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Swim with the best

Where do Whales go from here?

First, take time to celebrate! Your child has accomplished a significant goal by mastering each of the Whale skills. Make sure you take time to applaud your child and his or her new skills.

After completing Whale, children who are six years old or older will be placed in the appropriate level of Red Cross Swim Kids where they will continue to improve swimming skills, build endurance, and focus on water safety. In Swim Kids, your child can learn all six swimming strokes and develop skills that can lead to a lifetime of fitness and safe water activities.

Ask your pool for more information about Red Cross Swim Kids.

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, leading to development at different rates.
- Avoid putting pressure on achievement; encourage your child to enjoy swim lessons and take pride in personal success.
- Be a healthy role model! Go with your child to family swims and make swimming part of your active lifestyle. Make it a weekly treat!
- Praise your child for his or her effort and recognize new skills and accomplishments.

Success tips for your Whale

- Bring a light snack and drink for your child. Kids are often hungry and tired after a lesson.
- Realize that the Instructor may be too busy between classes to discuss your child's progress. Ask the Instructor for a better time to talk.
- 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?

Take your child to public or family swims to practise skills and increase endurance.

Family Tips

- **Put safety first!** Home swimming pools account for nearly 38% of toddler drownings. If all home pools were equipped with self-closing and self-latching gates, most toddler pool drownings could be eliminated.
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.