



## Level 10 Jump Right In!

### Welcome to Red Cross Swim Kids!

Congratulations on choosing Canada's largest and most recognized swimming and water safety program. With an emphasis on swimming skills, water safety, and fitness activities, Red Cross Swim Kids 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 games and songs 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 six years old to young teens.

### What do swimmers learn in Level 10?

#### Everybody in the pool! In Level 10, your child will:

- Learn safe practises to reduce overexposure to the sun.
- Understand the most common reasons for drowning and learn the importance of making wise choices.
- Be introduced to the butterfly stroke by putting the dolphin kick together with the arm movements. The emphasis will be on *trying* this fun stroke, as it is an integral part of swimming progressions.
- Build endurance and fitness and continue stroke development by swimming distances of 500 metres.
- Learn about opportunities available after Red Cross Swim level 10.

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

### How are swimmers evaluated in Level 10?

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.

Success in swimming and water safety lessons can come in many different forms. Swimmers may learn new skills, increase confidence, and gain a feeling of accomplishment. They may improve on previously learned skills and achieve a personal best for the distance they can swim.

The Red Cross Swim program has carefully defined performance criteria that our Instructors follow when evaluating your child. Your child will receive a progress card outlining all of the skills he or she achieves in Level 10. Instructors encourage your child to demonstrate that he or she has truly acquired a skill by using the skill at least three times during the set of lessons.

If your child can successfully demonstrate each of the Level 10 skills, he or she will receive the **final completion badge** of Red Cross Swim Kids.



Children who participate in the program and who have not yet mastered all of the Level 10 skills will receive a **Personal Best** sticker to acknowledge their improvement.

It is important to remember that all swimmers advance at their own pace. Not completing a level the first time, or even the second time, just means there are important skills to continue to strengthen. See "Practise making waves at home" and talk with your child's Instructor about ways to support your child.

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## Where do swimmers go after Level 10?

Celebrate your child's accomplishment! When your child completes Red Cross Swim Kids, he or she will have the knowledge and skills necessary for a variety of water-based sports, lifesaving opportunities, and other training.

Red Cross Swim Kids makes an excellent spring board for these opportunities:

- **Red Cross Instructor Development program** – Completion of level 10 is the prerequisite for the Red Cross Instructor Development program. Swimmers who are at least 15 years old can train to become an Instructor to teach youth and adults how to swim, stay safe, and survive in the water.
- **Red Cross Babysitter Training** – Youth who are at least 11 years old can learn how to be a professional babysitter, care for children, and earn extra money.
- **Red Cross First Aid and CPR training** – Consider first aid or CPR training for yourself or other members of your family. In as little as half a day you can learn how to prevent and treat emergency situations.
- **Fitness opportunities** – Your recreation centre will have many activities to get involved, keep fit, and sharpen your swimming skills.
- **Get On Board** – Get your pleasure craft operator card (PCOC) with Red Cross! Through a simple at-home study manual you and your family can prepare for the exam.

## Parents and caregivers: keep your swimmer afloat!

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

### Here's how you can help:

- Support your child by praising his or her effort in the pool! How about a family celebration to recognize the achievement?
- Bring a healthy snack and drink for your child for after the lesson to replace fluids and energy.
- Encourage your child to continue to practise his or her skills even after Level 10 is over. When they turn 15, they can start on the road to become a Red Cross Water Safety Instructor.



## Practise making waves at home!

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

- Time your child as he or she uses different strokes, and encourage your child's achievement of a 500-metre swim.
- Talk about the next steps he or she can take to continue learning and being fit.

## Family Tips

- **Keep up with your kids in the pool by taking adult swimming lessons!** Red Cross offers AquaAdults, a program that helps adults fine-tune their strokes and increase their swimming endurance.
- Check out the Red Cross website – [www.redcross.ca](http://www.redcross.ca) for statistics on why people drown and the ways you and your family can join Red Cross in increasing the water safety knowledge of our communities.