



Level 3 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 3?

Everybody in the pool! In Level 3, your child will:

- Learn how to make decisions about swimming in a safe environment – one where adults are present.
- Support himself or herself on the surface of the water by treading water or floating for 20 seconds.
- Enter the water from a sitting dive.
- Swim 5 metres three times in one lesson using the front crawl – with alternating arm pulls, flutter kicks and breathing. Putting all these skills together is challenging and exciting!

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 3?

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 3. 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 3 skills, he or she will receive a **completion badge** and move on to the next level in Red Cross Swim

Kids. Children who participate in the program and who have not yet mastered all of the Level 3 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 3?

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 Red Cross Swim Kids Level 4, your child will learn to:

- Stay above the surface in deep water for 45 seconds.
- Understand safe diving practices.
- Perform the kneeling dive.
- Increase swim distance to 25 metres.

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.
- Bring a light snack for your child. Kids are often hungry and tired after a lesson.
- Understand that children develop swimming skills at different rates.



Practise making waves at home!

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

- Take your child to public or family swims to develop strength, practise skills, and increase his or her comfort level in the water.
- Ask your child to show you a skill learned in swim lessons and incorporate the skill into a game to play in the pool.

Family Tips

- **Become a stronger swimmer yourself by taking AquaAdult lessons at your pool!** This Red Cross program helps adults learn to swim or improve their swimming skills.
- Practise a plan for calling EMS with a home emergency.
- Make sure emergency numbers are close to the phone and known by all members of the family.
- Did you know that your chance of surviving a sudden cardiac arrest is 2 to 4 times greater if bystander CPR is initiated prior to EMS arrival? Consider taking Red Cross First Aid and CPR training as a family.

Keep on swimming in Level 4!

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Swim with the best