



## Level 5 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 5?

**Everybody in the pool!** In Level 5, your child will:

- Learn how to be a safe boater by wearing a personal flotation device/lifejacket at all times.
- Learn techniques for staying warm in and on the water while enjoying boating or ice activities.
- Explore sculling – moving water with a straight arm to increase surface support.
- Practise stride dives as another way to quickly enter the water, often in a rescue situation.
- Fine tune front and back crawl techniques and build swimming endurance.
- Begin learning the whip kick.
- Increase swim distance to 50 metres.

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 5?

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 5. 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 5 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 5 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 for ways to support your child.

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## Where do swimmers go after Level 5?

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 6, your child will learn to:**

- Be safe on or near ice.
- Tread water for 1 minute and 30 seconds.
- Perform a front dive.
- Increase swim distance to 75 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. Remember that children develop swimming skills at different rates.
- Bring a healthy snack and drink for your child for after the lesson to replace fluids and energy.



## Practise making waves at home!

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

- Ask your child to demonstrate the whip kick, a complicated kick used for the breast stroke. Encourage your child to practise this kick while sitting in a chair so he or she can work on the correct leg movements.

## 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.
- If your family goes boating, talk about the importance of everyone wearing personal floatation devices/lifejackets when boating.
- Red Cross research shows that the majority of people who drown were not wearing a life-jacket or personal floatation device at the time of the boating incident. Wearing a personal floatation device/lifejacket can increase your likelihood of survival by allowing you to be buoyant for a longer period of time in order to get back in the boat or reach safety.

**Keep on swimming in Level 6!**

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**Swim with the best**