



Try School in the Water

Welcome to Red Cross Swim @ School!

Congratulations. Your school has chosen Canada's largest and most recognized swimming and water safety program to offer to its students. With an emphasis on swimming, safety skills and fitness, Red Cross Swim @ School sets the foundation for a lifetime of swimming and fitness. We are proud to offer:

- Quality instructors who train for more than 75 hours and have practical teaching experience
- A program that is based on our successful Red Cross Swim Kids which trains more than a million Canadians each year to swim
- Participation based program that encourages kids to learn and achieve their own personal best

What do swimmers learn in Swim @ School?

Red Cross Swim @ School is set up in 3 modules for the aquatic environment. Students are grouped around current skill level and participate in all three areas.

- **Swimming:** Students get comfortable in the water, learn proper breathing techniques, float on their front and back, glide and learn Front and Back Crawl. Stronger swimmers continue to improve their Front and Back Crawl while increasing their swimming endurance.
- **Safety Skills:** Students love this stuff! The skills are suited to all levels, as even strong swimmers need to know how to stay safe in the water. Students will conduct simulated ice rescues, learn when to contact EMS, and how to help, swim wearing their clothes and a lifejacket and learn how to safely rescue others in the water.
- **Fitness:** Students are encouraged to increase distance or speed over their lessons – allowing them to achieve new personal bests.

What makes Swim @ School great for students?

- The program is designed from the Red Cross Swim program, which is recognized for its swimming and water safety education for youth.
- By focusing on fitness and developing life skills – students are exposed to a safe water environment where they are encouraged to participate and increase their swimming endurance.
- Everyone can participate and have fun. The program is designed to allow an entire class to participate at various levels of ability and encourages everyone to achieve their own personal best.
- While students are not evaluated – the Water Safety Instructor can track students' abilities and make a recommendation on where the student should enroll in Red Cross Swim Kids.

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Ask for more!

Get your school to offer the Red Cross Water Safety Brain Games dry-land education accompaniment. Red Cross Water Safety Brain Games has 13 activities developed for ages 6 to 12. Our “brain games” and activities challenge the student’s brains and teach lessons in safety that will last them a lifetime. Brain Games is designed for delivery outside the pool setting and can be presented by any certified school teacher.

Activities center around five water safety theme areas: Site safety, PFDs and lifejackets, cold water survival, boating safety, and healthy active living.

How are swimmers evaluated in Swim @ School?

Red Cross Swim @ School is a participation program. Students will participate and progress at their own rate. Their instructor will provide them with a certificate which will indicate the activities that were tried. Depending on the number of lessons that are offered a student may not have time to try all skills or improve a skill. However, the Instructor will give them an assessment for where they should register next in the facility for Red Cross Swim Kids lessons.

All students will also receive a sticker recognizing their participation.

Children’s Fitness Tax Credit

Recently the Federal Government implemented a children’s fitness tax credit to encourage youth to partake in physical activity. This is a great fit with the Red Cross Swim program, which is designed to promote lifelong fitness by making activity challenging and fun. Contact your local pool to confirm that the Red Cross Swim lessons they offer are eligible for a fitness tax credit (eligibility is partly based on frequency and length of lessons, and this can vary from pool to pool). Enrolling your child in Red Cross Swim will provide them with the knowledge to stay safe and offer a lifetime of opportunity and enjoyment in aquatic activities.

For more information on the children’s fitness tax credit visit the following websites:

www.cra-arc.gc.ca/whatsnew/checklist-e.html

www.cra-arc.gc.ca/whatsnew/organi-e.html



Cleaner and healthier homes by Clorox

It’s a fact: studies show that even simple items in your home such as a faucet handle or door knob can harbour bacteria and viruses. Using a disinfecting product (like Clorox® Disinfecting Wipes) makes it easy to help prevent the spread of household germs on surfaces and can eliminate the germs that can make kids sick. For more information on cleaner, healthier homes, go to.....www.clorox.com



Water Safety Tips

- Get training - Become a stronger swimmer by taking Red Cross Swim lessons at your pool! We have levels for all ages and stages. Check with your aquatic facility for dates and times.
- Always watch your child near or in the water – **never** leave your child unattended near a pool or any body of water. Most drownings of children occur during the momentary absence of adult supervision. These incidents mainly involve young children who are playing or walking near a home pool without a self-closing and self-latching gate. Source: Canadian Red Cross National Drowning Report

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Swim with the best®