



## Learning that keeps kids afloat!

Swim @ School is a fun, participation-based program teaching swimming skills and water safety to school-aged children.

Built uniquely from the Red Cross Swim curriculum, Swim @ School covers swimming, fitness, safety skills. Participants are encouraged to achieve their personal best. They receive a certificate summarizing the skills they learn and recognition of their participation with a fun, full-colour sticker.

Swim @ School offers in-water training at aquatic facilities. A dry-land education package called Water Safety Brain Games can be taught either in the classroom or at the pool.

### 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 Instructor can track students' abilities and make a recommendation on where the student should enroll in Red Cross Swim Kids.

### Swim @ School modules:

**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.

**Brain Games:** These games and activities challenge the students' 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 your students' teacher. Brain Games is developed to compliment the in-water Swim @ School modules.