

Red Cross Swim and Canadian Sport for Life

Red Cross swimming programs support the **Canadian Sport for Life** long-term participant development model. Swimming has been identified as one of the core athletic abilities to be acquired in the development of a “physically literate” individual. Red Cross is recognized as the leader in the teaching of water-safe swimming skills.

Active for Life

Our more advanced levels of Red Cross Swim Kids, Red Cross Swim Strokes, Red Cross Swim Sports and Red Cross Swim Basics for Adults and Teens enable swimmers, regardless of the age they learn to swim, to have the skills and knowledge to participate in safe, enjoyable aquatic activities for life!

Learning to swim with Red Cross Swim provides the swimmer with the confidence to participate in a range of sports such as sailing, water polo, diving, canoeing, white water paddling, synchronized swimming, and competitive swimming as well as pursue careers in aquatics, search and rescue, law enforcement, etc. A true “Aquatics for Life” approach!

Learning to Train

Our more advanced levels of Red Cross Swim Kids, Red Cross Swim Strokes and Red Cross Swim Sports allow a transition from FUNdamentals into the Learning to Train stage. Swimmers with ambition for competitive aquatic sport can easily transition at this stage to community sports, provincial sports and national sports for Train to Train, Train to Compete and/or Train to Win.

FUNdamentals

We focus on the development of the skills and knowledge that allow a swimmer to safely explore the environment, and continue to develop their skills and comfort in the water.

As swimmers move through the programs, we refine the strokes for maximum efficiency.

Active Start

We begin teaching the ABC’s of movement – Agility, Balance, Coordination and Speed in our Red Cross Swim Preschool and Red Cross Swim Kids Programs.

Our teaching methodology is focused on the development of personal abilities of infants, toddlers and children through play in the water. Skills are taught in an individualized and progressive manner by the best trained swimming Instructors.

