



- What to expect
- Continuous evaluation to ensure success
- What to expect from the Instructor
- Moving to the next level of Red Cross Swim Kids
- Practise making waves at home!
- After Level 10—next steps for your child

Welcome to Red Cross Swim Kids, our fun, learn-to-swim program for children ages five and older. This 10-level program helps swimmers develop the **swimming strokes** (front crawl, back crawl and breast stroke) and the **survival strokes** (elementary back stroke and sidestroke)—which supports learning how to **be safe in, on, and around the water**. The program also increases **fitness and endurance** through enjoyable activities.

What to expect

Each level of the Red Cross Swim Kids program builds on the skills learned in the previous level. We ensure that children are comfortable performing one item before introducing them to something new. Our entire swim continuum is based on skills and abilities. Building skills using **progressions**—a gradual and logical series of steps—facilitates the learning process, allows children to develop their skills gradually, and helps maximize each swimmer's potential for success.

Through solid progressions and **continuous evaluation and feedback**, your child will develop swimming and safety skills, regardless of his or her ability when they begin. Swimmers work on **swimming strokes** throughout the 10 levels and focus on developing effective stroke techniques using small steps. The **fitness activities** in each level build endurance, promote individual success and improvement, and encourage swimming as part of a healthy, active lifestyle.

Children learn best by doing and practising a lot. Our Instructors use a variety of teaching methods to create a positive and fun environment that will motivate each child to continue. Red Cross Swim Kids focuses on each individual swimmer's needs, interests, and abilities to ensure success. Red Cross Swim can also be modified for swimmers with disabilities, please check with your facility.

We reinforce **water safety** skills and knowledge throughout the program because skills and knowledge, paired with swimming ability, will help your child develop a water-safe attitude. This knowledge may prevent children from participating in unsafe activities that can lead to drowning. Your child may also have the opportunity to attempt swimming in clothing, which will teach children how to survive unintentional falls into water - one of the leading causes of drowning for this age group.

Most water-related incidents are preventable if children understand the risks involved. Our water safety information helps children identify the risks so they can enjoy a safe and fun water experience in, on, and around the water. In Red Cross Swim Kids 6-10, the skills and water safety content is adapted to the different age groups, and focuses on self-rescue skills, rescue of others, and safe behaviour to prevent injuries.



Continuous evaluation to ensure success

The Red Cross Swim Kids program uses continuous evaluation—a **process of constantly monitoring the progress of each child and recording an item as complete when the child meets the minimum standards for that item**. Continuous evaluation allows the focus to remain on the individual child at all times instead of applying a standard test for all swimmers at the end of each level.

Our Instructors recognize each swimmer's needs and abilities, consider the steps required to improve his or her performance, and provide opportunities for each swimmer to be included in every activity to the best of his or her ability. Your child will be constantly challenged to learn and develop skills and will continually improve throughout the lessons.

What to expect from the Instructor

Our Instructors use progressions, provide positive feedback, and use corrective teaching techniques to help your child develop skills. **The Instructor's goal is to help each swimmer succeed** by planning enjoyable activities that build on what he or she can do already, and giving the swimmer the feedback and encouragement he or she needs to learn new skills.

Progressions	A gradual and logical series of steps to teach a new skill. Each level in the Red Cross Swim Kids program is built on progressions to help maximize each swimmer's potential for success. Each time your child works on a skill in a new level, there are new performance criteria that your child will work to achieve that are part of the full progression of the skill or stroke. This helps your child master the new skill.
Positive feedback	Receiving information about their performance, what they're doing right, and what they need to improve is a key factor in a child's learning process.
Corrective teaching	As your child attempts to perform a new skill, the Instructor will correct the errors, but more importantly, encourage your child to continue doing the things that are being done correctly.

Instructors create an environment where each swimmer feels included and accepted, which helps swimmers become open to learning and makes the learning experience more enjoyable.

Instructors also provide activities that are adapted to the abilities of each child so all swimmers can participate comfortably. As your child progresses, Instructors employ effective communication and various teaching methods, games, and activities to accommodate each child's learning style. Above all, the Instructor's goal is to ensure each individual swimmer's personal success. Instructors are also trained to accommodate swimmers with disabilities.

Moving to the next level of Red Cross Swim Kids

The skills and strokes in the Red Cross Swim Kids levels are divided into a series of progressions that build on previous abilities. Once a swimmer has achieved the **prerequisite ability**, the swimmer will be ready for the next series of challenges.

If a swimmer proceeds without building this solid base, he or she will find it more difficult to achieve success at the next stage. Your child will achieve physical developmental milestones at **his or her own rate**, which is important because not all children develop at the same rate. It is important to look at the successes achieved during each lesson set, knowing that taking a level again offers the opportunity to improve on the skills that are the building blocks for success at the next level.

Practise making waves at home!

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

- Your child is learning fun new skills such as the front dive, dolphin kick, and eggbeater kick. Encourage your child to safely practise these new skills during family swim time.
- Go to family swims and encourage your child to practise the skills they have learned and increase his or her endurance.
- Time your child as he or she uses different strokes, and encourage your child's achievement of a 500-metre swim.
- Review safety practices with your child.
- Talk about the next steps he or she can take to continue learning and being fit.
- Red Cross swimming programs support the Canadian Sport for Life long-term participant development model. 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.

After Red Cross Swim Kids 10—next steps for your child

Once your child has successfully completed Red Cross Swim Kids 10, he or she has plenty of options:

- **Red Cross Swim Strokes** and **Red Cross Swim Sports**: if your child is a teen, he or she can take one of our programs for adults and teens, such as Red Cross Swim Strokes, to further develop his or her strokes, or Red Cross Swim Sports, an aquatic "sampler" of recreational sports.
- **Lifeguarding**: for teens 15 years and older, this two-step certification program provides candidates with the knowledge and skills to become effective lifeguards. *Program may not be available in all locations.*
- **Instructor Training**: once your youth is 15 years of age, they can take the first step to becoming a Red Cross Swimming and Water Safety Instructor, and prepare to share their love of swimming with a new generation.
- **Red Cross Babysitting Course**: this fun, interactive course teaches youth 11 years and up how to be an effective babysitter. Topics include how to care for children, what to do in an emergency situation, basic first aid skills, and basic business skills.

