



Red Cross Swim Kids –Level 1

Swimming	Fitness Activities	Skills and Water Safety
<p>Breathing:</p> <ul style="list-style-type: none"> Rhythmic breathing, 5 times <p>Floats:</p> <ul style="list-style-type: none"> Front float and recovery 3 sec. Back float and recovery 3 sec. Rollover floats 6 sec. (assisted) <p>Glides:</p> <ul style="list-style-type: none"> Front glide 3 sec. Front glide with kick 5 sec. Back glide 3 sec. Back glide with kick 5 sec. Rollover glides 6 sec. (assisted) 	<p>Kicking drills:</p> <ul style="list-style-type: none"> Flutter kick, 10m (assisted) <p>Distance swim: 5m</p>	<ul style="list-style-type: none"> Site orientation and supervision EMS Shallow water entries/exits Submerge head Exhale through mouth and/or nose

Red Cross Swim Kids –Level 2

Swimming	Fitness Activities	Skills and Water Safety
<p>Breathing:</p> <ul style="list-style-type: none"> Rhythmic breathing, 10 times, 2 ways <p>Floats:</p> <ul style="list-style-type: none"> Front float, 5 sec. Back float, 5 sec. <p>Glides:</p> <ul style="list-style-type: none"> Front glide with flutter kick, 3 X 5m (in one lesson) Back glide with flutter kick, 3 X 5m (in one lesson) Side glide with flutter kick, 3m (assisted) Rollover glide with flutter kick, 6 sec. 	<p>Kicking drills:</p> <ul style="list-style-type: none"> Flutter kick, 15m (assisted) <p>Distance swim: 10m</p>	<ul style="list-style-type: none"> Site rules Intro to PFD/Lifejacket Weight transfer – shallow water Deep water activities (assisted)

Red Cross Swim Kids –Level 3

Swimming	Fitness Activities	Skills and Water Safety
<p>Breathing:</p> <ul style="list-style-type: none"> Rhythmic breathing, 15 times <p>Floats:</p> <ul style="list-style-type: none"> Front float, 5 sec. Back float, 5 sec. <p>Glides:</p> <ul style="list-style-type: none"> Front glide with flutter kick, 3 X 10m (in one lesson) Back glide with flutter kick, 3 X 10m (in one lesson) Side glide with flutter kick, 5 sec. Front glide/side glide combo Front crawl 3 X 5m 	<p>Kicking drills:</p> <ul style="list-style-type: none"> Flutter kick, 3 X 15m <p>Distance swim: 15m</p>	<ul style="list-style-type: none"> When and where to swim Weight transfer – shallow water Deep end floats, 5 sec. Change direction, deep water Surface support, 20 sec., deep water Sitting dive

Red Cross Swim Kids –Level 4

Swimming	Fitness Activities	Skills and Water Safety
<p>Breathing:</p> <ul style="list-style-type: none"> Rhythmic breathing, 15 times (front crawl specific) <p>Glides:</p> <ul style="list-style-type: none"> Front glide/side glide combo Back glide and kick shoulder roll, 3 X 10m (in one lesson) Front crawl 3 X 10m (in one lesson) 	<p>Kicking drills:</p> <ul style="list-style-type: none"> Flutter kick drill on back 3 X 15m <p>Distance swim: 25m</p>	<ul style="list-style-type: none"> Self safety Show how to contact EMS Self safety – safe diving Disorientating entries Kneeling dive Surface support, 45 sec., deep water

Red Cross Swim Kids –Level 5

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> Rhythmic breathing, 15 times (2 ways) Front crawl 3 X 15m (in one lesson) Back crawl 3 X 15m (in one lesson) Intro to whip kick on back 3 X 5m (in one lesson) 	<p>Kicking drills:</p> <ul style="list-style-type: none"> Dolphin kick drill 3 X 5m <p>Distance swim: 50m</p>	<ul style="list-style-type: none"> How to be a safe boater Staying warm Cold water HELP/HUDDLE Intro to sculling, shallow water Tread water, 1 min. Stride dive

Red Cross Swim Kids –Level 6

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Front crawl 3 X 25m (in one lesson) • Back crawl 3 X 25m (in one lesson) • Elementary backstroke, 3 X 15m (in one lesson) 	<p>Kicking drills:</p> <ul style="list-style-type: none"> • 3 X 25m <p>Distance swim: 75m</p>	<ul style="list-style-type: none"> • Causes of boating accidents • When and where to go on ice • Victim recognition and simulation • Throwing assist without a line • Head first sculling on back, 5m • Tread water, deep water 1:30 • Front dive

Red Cross Swim Kids –Level 7

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Front crawl 50m (in one lesson) • Back crawl 50m (in one lesson) • Elementary backstroke, 3 X 25m (in one lesson) • Front scull, 3 X 5m (in one lesson) • Whip kick on front, arms extended, 3 X 15m (in one lesson) 	<p>Activity:</p> <ul style="list-style-type: none"> • Eggbeater/tread water stationary, 3 min. <p>Distance swim: 150m</p>	<ul style="list-style-type: none"> • Partial and complete airway obstruction • Choking rescue – conscious person • Throwing assist with a line • Reaching assist with an aid • Head-first sculling on back, 10m

Red Cross Swim Kids –Level 8

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Front crawl 75m • Back crawl 75m • Elementary backstroke, 50m • Breast stroke, 3 X 25m (in one lesson) 	<p>Activity:</p> <ul style="list-style-type: none"> • Eggbeater/tread water, 3 min. <p>Kicking drill:</p> <ul style="list-style-type: none"> • Dolphin kick drills, 3 X 10m <p>Distance swim: 300m</p>	<ul style="list-style-type: none"> • Hypothermia • Dangers on open water • Rescue breathing, adult and child • Feet-first surface dive • Stride entry

Red Cross Swim Kids –Level 9

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Front crawl 100m • Back crawl 100m • Elementary backstroke, 50m • Breast stroke, 3 X 25m (in one lesson) 	<p>Activity:</p> <ul style="list-style-type: none"> • Travelling legs, only 3 min. • Combo of stroke drills <p>Distance swim: 400m</p>	<ul style="list-style-type: none"> • Wise choices – peer influence • Complications of rescue breathing • Boating regulations • Self rescue – fallen through ice • Head first surface dive • Standing shallow dive

Red Cross Swim Kids –Level 10

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Front crawl 100m • Back crawl 100m • Elementary backstroke, 50m • Breast stroke 50m 	<p>Kicking drills: Dolphin kick (vertical) 3 X 10 sec.</p> <p>Strokes:</p> <ul style="list-style-type: none"> • Butterfly drill, 3 X 10m • Sidestroke <p>Distance swim: 500m</p>	<ul style="list-style-type: none"> • Sun smart • Ice rescue from safe zone • Statistically speaking: Drowning • Next steps • Head/feet first surface dive with underwater swim 2m

