

Red Cross Swim Preschool – Starfish (Aquatots)

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Getting wet (assisted) • Supports and hold techniques for the caregiver • Submersion (optional) • Intro to rhythmic breathing: breath control (assisted) • Buoyancy and movement (assisted) <p>Positions:</p> <ul style="list-style-type: none"> • Front position (assisted) • Back position (assisted) • Vertical position (assisted) <p>Moves:</p> <ul style="list-style-type: none"> • Move forward (assisted) • Move backward (assisted) • Arm movement (assisted) 	<p>Water Activities:</p> <ul style="list-style-type: none"> • Play and songs 	<ul style="list-style-type: none"> • Facility orientation and active supervision • Entries and exits (caregiver and child) • Show how to stay warm • When and how to get help • Choking prevention

Red Cross Swim Preschool – Duck (Aquatots)

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Getting wet (assisted) • Submersion (optional) • Intro to rhythmic breathing: breath control (assisted) • Buoyancy and movement (assisted) <p>Floats:</p> <ul style="list-style-type: none"> • Front float and recovery (assisted) • Back float and recovery (assisted) • Vertical position (assisted) <p>Moves:</p> <ul style="list-style-type: none"> • Move forward (assisted) • Move backward (assisted) 	<p>Water Activities:</p> <ul style="list-style-type: none"> • Play and songs • Uses buoyant object for support (assisted) 	<ul style="list-style-type: none"> • Facility orientation and active supervision • Stop! Look! Ask! • Shallow water entries and exits (caregiver and child) • PFD and Me (assisted) • Show how to stay warm • Buoyant objects • Change direction(assisted) • When and how to get help • Choking prevention • Choking response

Red Cross Swim Preschool – Sea Turtle Level

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Getting wet • Intro to rhythmic breathing: breath control • Buoyancy and movement (assisted) • Shallow water movement <p>Floats:</p> <ul style="list-style-type: none"> • Front float and recovery, 3 sec. (assisted) • Back float and recovery, 3 sec. (assisted) <p>Glides:</p> <ul style="list-style-type: none"> • Front and back glide and recovery (assisted) <p>Swims:</p> <ul style="list-style-type: none"> • Basic kick on front (assisted) • Front swim (assisted) 	<p>Water Activities:</p> <ul style="list-style-type: none"> • Play and songs/relay • Kick on front using buoyant aid, 2m (assisted) 	<ul style="list-style-type: none"> • Facility orientation and active supervision • Stop! Look! Ask! (find the adult) • Entries and exits (assisted) • Jump into chest deep water (assisted) • Jump into chest deep water and return (assisted) • PFD and Me (assisted)

Red Cross Swim Preschool – Salamander Level

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Open eyes under water (attempted) • Rhythmic breathing 3 times <p>Floats:</p> <ul style="list-style-type: none"> • Front float and recovery, 3 sec. • Back float and recovery, 3 sec. • Roll over float, 6 sec. (assisted) <p>Glides:</p> <ul style="list-style-type: none"> • Front glide 3 sec. • Front glide with kick, 5 sec. (assisted) • Back glide, 3 sec. (assisted) • Back glide with kick, 5 sec. (assisted) • Roll-over glide with kick, 6 sec. (assisted) <p>Swims:</p> <ul style="list-style-type: none"> • Front swim, 2m (assisted) 	<p>Water Activities:</p> <ul style="list-style-type: none"> • Play and songs • Kick on front using buoyant aid, 2m <p>Distance swim: 2m</p>	<ul style="list-style-type: none"> • Facility orientation and active supervision • Stop! Look! Ask! (find the adult) • Jump into chest deep water • PFD and Me (assisted) • Buoyant objects • Surface support (assisted) 5 seconds

Red Cross Swim Preschool – Sunfish Level

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Rhythmic breathing 5 times (2 ways) • Weight transfer, shallow water <p>Glides:</p> <ul style="list-style-type: none"> • Front glide 5 sec. • Front glide with kick, 1m • Back glide, 5 sec. • Back glide with kick, 1m • Roll-over glides, 5 sec. • Side glide with kick, 3 sec. (assisted) <p>Swims:</p> <ul style="list-style-type: none"> • Front swim, 2m 	<p>Water Activities:</p> <ul style="list-style-type: none"> • Introduction to synchronized swimming (floats) <p>Kicking drills:</p> <ul style="list-style-type: none"> • Kick with buoyant aid, 5m <p>Distance swim: 5m</p>	<ul style="list-style-type: none"> • Facility orientation and active supervision • Stop! Look! Ask! • Slip into deep water • Jump into deep water (assisted) • PFD and Me • Change direction in shallow water • Surface support, 5 seconds • Jump into chest deep water, surface support, 5 sec. • Front float and recovery, 5 sec. , deep water • Back float and recovery, 5 sec., deep water • Stop! Call for help!

Red Cross Swim Preschool – Crocodile Level

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Rhythmic breathing 10 times (2 ways) • Weight transfer, shallow water <p>Glides:</p> <ul style="list-style-type: none"> • Front glide with kick, 3 X 2m • Back glide with kick, 2m • Side glide with kick, 1m <p>Swims:</p> <ul style="list-style-type: none"> • Front swim, 5m • Back swim, 5m 	<p>Water Activities:</p> <ul style="list-style-type: none"> • Introduction to synchronized swimming (bathtub and floats) <p>Kicking drills:</p> <ul style="list-style-type: none"> • Kick with buoyant aid, 10m <p>Strokes:</p> <ul style="list-style-type: none"> • Dolphin kick (assisted) <p>Distance swim: 10m</p>	<ul style="list-style-type: none"> • Facility orientation and active supervision • Stop! Look! Ask! • Jump into deep water • PFD and Me: deep water • Change direction in deep water (assisted) • Surface support, 10 seconds • Jump into deep water, surface support, 5 sec. • Stop! Call for help!

Red Cross Swim Preschool – Whale Level

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> Rhythmic breathing (front to side glide) 10 times <p>Glides:</p> <ul style="list-style-type: none"> Front glide with kick, 3 X 5m Back glide with kick, 3 X 5m Side glide with kick, 5m <p>Swims:</p> <ul style="list-style-type: none"> Front swim, 7m Back swim, 7m Continuous swim, 10m 	<p>Water Activities:</p> <ul style="list-style-type: none"> Introduction to synchronized swimming (somersaults, bathtub and floats) Relay activities <p>Kicking drills:</p> <ul style="list-style-type: none"> 2 X 10m Whale kick (dolphin kick harder) <p>Distance swim: 2 X 10m</p>	<ul style="list-style-type: none"> Facility orientation and active supervision When and where to swim Stop! Look! Ask! Change direction in deep water Surface support, 20 seconds Jump into deep water, surface support, 20 sec. Stop! Throw! Call for help!, throwing assist

