

The Strathmore Aquatic Centre hosts Canadian Red Cross Swimming Lessons. Lessons are programmed to teach persons of all ages. Pre school up to adults. Below are the descriptions of levels in sequential order. We ask that you register your swimmer in the level that is applicable by age (preschool) and then by skill.

The Strathmore Aquatic Centre staff want to keep swimmers safe and happy while participating in lessons.

Red Cross Swim Preschool (4 months to 6 years)

Let's make a splash!

Red Cross Swim Preschool is an eight-level stand-alone program for four-month to six-year-old children that allows swimmers to enter various levels based on age and ability.

Each level is represented by an animal mascot that is incorporated into the content and makes the lesson engaging and fun, through songs and activities.

Program Structure

Level	Description
Starfish	4-12 months <u>Parented</u> , progression based on age
Duck	12-24 months <u>Parented</u> , progression based on age
Sea Turtle	24-36 months <u>Parented</u> , progression based on age
Sea Otter	3-5 years <u>Unparented</u> , progression based on the successful completion of all performance criteria



Level	Description
Salamander	3-5 years <u>Unparented</u> , progression based on the successful completion of all performance criteria
Sunfish	3-6 years <u>Unparented</u> , progression based on the successful completion of all performance criteria
Crocodile	3-6 years <u>Unparented</u> , progression based on the successful completion of all performance criteria
Whale	3-6 years <u>Unparented</u> , progression based on the successful completion of all performance criteria

<https://www.redcross.ca/training-and-certification/course-descriptions/swimming-and-water-safety-courses/swimming-lessons/red-cross-swim-preschool-4-months-to-6-years>

Red Cross Swim Kids (5 years and up)

Jump right in!

Red Cross Swim Kids is a 10-level stand-alone program for five to twelve-year-old children. Children learn to swim, be fit, and stay safe in a fun environment that promotes achieving a personal best and celebrates personal success.

The program teaches swimming and survival strokes, as well as increasing the distance and speed that each swimmer can achieve, while focusing on making safe decisions in, on and around the water.



Program Structure

The 10 levels of the program allow for solid progression of skills and knowledge.

- The **skills and water safety** throughout the program are targeted to each age group, with an increased focus on staying active and safe in the water.
- **Swimming strokes** are built throughout the levels, using solid, proven progressions with a focus on drills and distance.
- The **fitness activities** component build endurance and promote individual success and improvement. They also encourage lifelong physical activity as part of a healthy lifestyle.

Evaluation

The program is based on a foundation of continuous evaluation, which means that the Instructor constantly monitors the progress of each child and records an item as complete when the child meets the minimum standards for that item. This 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.

<https://www.redcross.ca/training-and-certification/course-descriptions/swimming-and-water-safety-courses/swimming-lessons/red-cross-swim-kids-5-years-and-up>

For those interested in Adult lessons, we offer the class upon interest. Please call the facility and leave your name and number. When we have enough willing participants, we will offer a class. If you know others who would be interested, please encourage them to call as well.

If you have any questions, please contact the Strathmore Aquatic Centre. 403-934-3325.