

# Red Cross Swim Preschool



## RED CROSS SWIM PRESCHOOL TO SWIM KIDS (Ages 5-13) CONVERSION

	<p><b>STARFISH</b> (4-12 months) \$77.55</p> <p>Babies and caregivers experience buoyancy, movement, submersion (optional), songs and play.</p>	<p>Complete or Incomplete Red Cross Level 1</p>
	<p><b>DUCK</b> (12-24 months) \$77.55</p> <p>Babies and caregivers build on buoyancy and movement, submersion, front and back floats, entries and exits, songs and active water play.</p>	<p>Complete or Incomplete Red Cross Level 1</p>
	<p><b>SEA TURTLE</b> (24-36 months) \$77.55</p> <p>Toddlers and caregivers build on submersion, front and back floats, entries and exits, basic kicks, water play and songs, while building independence.</p>	<p>Complete or Incomplete Red Cross Level 1</p>
	<p><b>OTTER</b> (30 months-5 years) \$77.55</p> <p>Care givers participate in the class at the start of the program. As the session progresses, care givers will transition out of the pool and observe the class from the viewing gallery. Skills include assisted floats, glides, front swim, basic kick and a 1m distance swim.</p>	<p>Complete or Incomplete Red Cross Level 1</p>
	<p><b>SEA OTTER</b> (3-5 years) \$85.75</p> <p>Swimmers further develop basic floats, and glides, opening eyes underwater and a 1m distance swim. Caregivers observe from the viewing gallery.</p>	<p>Complete or Incomplete Red Cross Level 1</p>
	<p><b>SALAMANDER</b> (3-5 years) \$85.75</p> <p>Swimmers work on completing front and back floats and glides unassisted and jumping into chest-deep water. Swimmers will be able to complete a 2m swim upon completion.</p>	<p>Complete or Incomplete Red Cross Level 1</p>
	<p><b>SUNFISH</b> (3-6 years) \$85.75</p> <p>Swimmers will complete a 5m distance swim, work on kicking and glides independently, float in deep water and swim with a PFD.</p>	<p>Incomplete Red Cross Level 1  Complete Red Cross Level 2</p>
	<p><b>CROCODILE</b> (3-6 years) \$85.75</p> <p>Swimmers develop front and back glides, front and back swim, begin using rhythmic breathing, jump into deep water, and complete a 10m distance swim.</p>	<p>Incomplete Red Cross Level 2  Complete Red Cross Level 3</p>
	<p><b>WHALE</b> (3-6 years) \$85.75</p> <p>Swimmers increase distance for front and back glides, and front and back swim. Swimmers learn sitting dives and will be able to swim 15m continuously upon completion.</p>	<p>Incomplete Red Cross Level 3  Complete Red Cross Level 4</p>

# Red Cross Swim Kids (Ages 5-13)

## RED CROSS SWIM KIDS

### LEVEL 1 (Ages 5+)

**\$85.75**

Swimmers develop front and back float, front and back glide and flutter kick. Swimmers work on entries and exits and build endurance by completing a 5m distance swim.

## RED CROSS SWIM KIDS

### LEVEL 2 (Ages 5+)

**\$85.75**

Swimmers further develop front and back glide with kick, develop front swim, complete assisted deep-water activities and a 10m distance swim.

## RED CROSS SWIM KIDS

### LEVEL 3 (Ages 5+)

**\$85.75**

Swimmers increase distance on front and back glide with flutter kick, float in deep water and wear a PFD in deep water. Swimmers learn sitting dives, and complete a 15m distance swim.

## RED CROSS SWIM KIDS

### LEVEL 4 (Ages 5+)

**\$85.75**

Swimmers develop front crawl and learn back swim with shoulder roll. Swimmers work on deep water activities including the kneeling dive and build endurance by completing a 25m distance swim.

## RED CROSS SWIM KIDS

### LEVEL 5 (Ages 5+)

**\$85.75**

Swimmers further develop front crawl, learn back crawl and are introduced to whip kick on their back. Swimmers complete one minute of treading water and stride dive. Endurance is developed through a 50m distance swim.

## RED CROSS SWIM KIDS

### LEVEL 6 (Ages 5+)

**\$85.75**

Swimmers increase the distance for front and back crawl (25 m), learn elementary backstroke and dolphin kick. Swimmers are able to complete 1 ½ minutes of treading water, front dive and a 75m distance swim.

## RED CROSS SWIM KIDS

### LEVEL 7 (Ages 5+)

**\$93.95**

Swimmers increase the distance for front and back crawl (50m), and increase distance for elementary backstroke. Swimmers are introduced to whip kick on front and stride entry, and complete a 150m distance swim.

## RED CROSS SWIM KIDS

### LEVEL 8 (Ages 5+)

**\$93.95**

Swimmers increase distance for front and back crawl (75m), and elementary backstroke (25m). Swimmers are introduced to breaststroke and develop eggbeater techniques and complete a 300m distance swim.

## RED CROSS SWIM KIDS

### LEVEL 9 (Ages 5+)

**\$93.95**

Swimmers increase their distance on front and back crawl (100m), elementary backstroke and refine their breaststroke. Swimmers learn sidestroke kick, perform head-first surface dives and complete a distance swim of 400m.

## RED CROSS SWIM KIDS

### LEVEL 10 (Ages 5+)

**\$93.95**

Swimmers further refine front and back crawl, and increase distance for elementary backstroke and breaststroke (50m). Swimmers learn sidestroke, perform vertical dolphin kick and complete a 500m distance swim.

