







SWIM LEVEL INFORMATION





LEVEL/FEE	DESCRIPTION
RED CROSS PRE-SCHOOL (Ages 3 to 5 years of age)	
<p>Sea Turtle</p> 	<p>Orientation to water for toddlers. Age is the only condition for entering this level.</p>
<p>Sea Otter</p> 	<p>Swimmers enter this level when they are 3 years of age. Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim 1 meter. They also learn age-appropriate water safety skills. Swimmers are evaluated based on performance criteria and progress to Salamander once all criteria have been successfully completed.</p>
<p>Salamander</p> 	<p>Swimmers enter this level when they have successfully completed Sea Otter. Using games and activities, swimmers learn to swim 2 meters, further develop basic floats and increase their distance on front and back glide. Front swim and roll-over glide are also included, and swimmers learn appropriate water safety skills such as how to jump into chest-deep water and how to use a Personal Flotation Device (PFD). Safety skills development includes water orientation, safe entries and exits and only swimming when an adult is present. Swimmers are evaluated based on performance criteria and progress to Sunfish once all criteria have been successfully completed.</p>
<p>Sunfish</p> 	<p>Swimmers enter this level when they have successfully completed Salamander. Using games and activities, swimmers learn to swim 5 meters, increase their distance using buoyant objects, increase their front and back glide with kick, and develop their roll-over glide, side glide and front swim. Safety skills include deep-water skills and use of a Personal Flotation Device (PFD). Safety skills development such as water orientation, safe entries and exits and always asking for permission before going near the water. Swimmers are evaluated based on performance criteria and progress to Crocodile once all criteria have been successfully completed.</p>
<p>Crocodile</p> 	<p>Through games and other fun activities, swimmers learn to swim 5 meters on their front and back, perform a dolphin kick and begin using rhythmic breathing. They also progress with kicking drills and increase their swimming distance to 10 meters. Safety skills include jumping into deep-water and performing surface support for 10 seconds, recognizing when a swimmer needs help and using a Personal Flotation Device (PFD) in deep water. Swimmers are evaluated based on performance criteria and progress to Whale once all criteria have been successfully completed.</p>
<p>Whale</p> 	<p>Through fun activities, swimmers perform a front and back swim for 10 meters. Swimmers work on developing their flutter kick and perform a distance swim of 15 meters. Safety skills include identifying safe swimming areas, jumping into deep water, swimming 5m, surface support for 20 seconds a return to safety, throwing assists and sitting dives. Swimmers are evaluated based on performance criteria and complete the program once all criteria have been achieved. Children 5 years or older are ready for the appropriate level of Red Cross Swim Kids.</p>

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RED CROSS SWIM KIDS	
Red Cross Swim Kids Level 1	Swimmers receive an orientation to water and the pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the 5m front swim.
Red Cross Swim Kids Level 2	Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers work on the front swim (5m) and learn about deep-water activities and proper use of a Personal Flotation Device (PFD). Fitness activities include the 10m flutter kick and a 10m distance swim.
Red Cross Swim Kids Level 3	This level provides an introduction to diving, and teaches swimmers how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15-metre swim.
Red Cross Swim Kids Level 4	This level introduces the front crawl (10m) and back swim with shoulder roll (15m). Swimmers work on kneeling dives, surface support (45 seconds, deep water) and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25m swim.
Red Cross Swim Kids Level 5	This level introduces the back crawl (15m), sculling skills, whip kick on the back, stride dives and treading water. Front crawl increases to 15m. An introduction to safe boating skills is also included. Endurance is developed through a 50m swim.
Red Cross Swim Kids Level 6	This level refines front crawl with a focus on hand entry and breathing (25m), back crawl with a focus on arm positions and body roll (25m), and introduces elementary backstroke (15m), safety on ice, and rescue of others with throwing assists. Swimmers demonstrate the front dive and their ability to tread water in deep water for 1½ minutes. Endurance is built through dolphin kick and a 75m swim.
Red Cross Swim Kids Level 7	This level builds skills and endurance for the front crawl (50m), back crawl (50m) and elementary back stroke (25m) and introduces whip kick on the front. Swimmers learn about airway and breathing obstructions, reach assists and stride entry. Swimming
Red Cross Swim Kids Level 8	This level is an introduction to breast stroke (15m) and feet-first surface dives. Swimmers learn about the dangers of open water, hypothermia, the performance of rescue breathing on children and adults, and standing shallow dives. Swimmers participate in timed treading water activities using the eggbeater skill for 3 minutes to improve their ability to remain at the surface in the event of an unexpected fall into water. Endurance is built on a 300m swim. Front crawl and back crawl distances are increased to 75m each.

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RED CROSS SWIM KIDS and LIFESAVING SOCIETY PATROL

<p>Lifesaving Society Rookie Patrol</p> 	<p>Swimmers continue stroke development with 50 m swims of front crawl, back crawl, and breaststroke. Lifesaving Sport skills include a 25 m obstacle swim and 15 m object carry. First aid focuses on assessment of conscious victims, contacting EMS and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims.</p>
<p>Red Cross Swim Kids Level 9</p>	<p>This level refines the front crawl (100m), back crawl (100m), elementary back stroke (50m) and breast stroke (25m), and encourages swimmers to combine different kicks for fitness (3 mins). They also work on head-first surface dives and learn about wise choices, peer influences and self-rescue from ice. Endurance is built through a 400m swim.</p>
<p>Red Cross Swim Kids Level 10</p>	<p>This level is a final assessment of the strokes for technique and distance (front crawl 100m, back crawl 100m, elementary back stroke 50m, breast stroke 50m and sidestroke 25m). Swimmers learn about sun safety, rescue of others from ice, and head-first and feet-first surface dives. Endurance is built using the dolphin kick (vertical) and a 500m swim.</p>
<p>Lifesaving Society Ranger Patrol</p> 	<p>Swimmers develop better strokes over 75 m swims of each stroke. They tackle Lifesaving Sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.</p>
<p>Lifesaving Society Star Patrol</p> 	<p>Swimmers are challenged with 600 m workouts; 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defense methods, victim removals and rolling over and supporting a victim face up in shallow water.</p>
<p>Stroke Improvement</p>	<p>**After school activity**</p> <p>Stroke improvement for Swim Kid levels 6 and up</p>
<p>Red Cross Stay Safe Course</p> 	<p style="text-align: center;">Learn how to be safe and responsible while on your own. This course is geared to children 9-12 years.</p> <p style="text-align: center;"><i>Be prepared for the unexpected!</i></p> <p>Your child will learn from a first aid instructor how to prepare for, recognize and respond to unexpected situations, the importance of responsibility and respect while being accountable for yourself, the importance of setting and following safety rules when on their own and learn basic first aid skills. <i>This course is usually held during</i></p>

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RED CROSS SWIM KIDS and LIFESAVING SOCIETY

<p>Red Cross Babysitting Course</p> 	<p>The Canadian Red Cross Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. Check, Call, Care (includes phoning EMS/911), conscious choking (adult/child/baby/alone), CPR (baby/child), illness, asthma (includes use of inhaler and spacer), anaphylaxis (includes use of EpiPen), poisoning, insect stings, wound care (i.e. minor cuts and scrapes, splinters, nosebleeds, bumps and bruises, life-threatening bleeding, burns), head, neck and back injuries, broken bones, seizures. Manual included.</p>
LEADERSHIP	
<p>Bronze Star</p> 	<p>Develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport. Drowning resuscitation: On a manikin, demonstrate single-rescuer adult and child drowning resuscitation including ability to deal with complications. Fitness challenge: Complete a 400 m or yd. fitness training workout. Recommended age is 12 years or older.</p>
<p>Bronze Medallion</p> 	<p>Learn how to respond in water safety situations. Develop endurance in a timed swim (400m in 12 minutes). Candidates will be trained in Emergency First Aid and receive a recognized certificate. Manual and exam fee included. Minimum age requirement is 13 years of age unless candidate holds the Bronze Star level. (Bronze Star is recommended.)</p>
<p>Bronze Cross</p> 	<p>Emphasis is placed on the candidates' ability to respond to a variety of aquatic emergencies using principles of teamwork & emergency procedures. Develop endurance in a timed swim (400m in 11 minutes). An introduction to emergency first aid in a water setting. Candidates must be 14 years of age & have completed Bronze Medallion.</p>
<p>National Lifeguard</p> 	<p>National Lifeguard is a legal certificate for lifeguarding throughout the country and is recognized by the province of Ontario for lifeguarding public swimming pools. National Lifeguard training develops a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude towards the lifeguard's role. National Lifeguard training emphasizes prevention and effective rescue response in emergencies including first aid treatment. Candidates develop teamwork, leadership and communication skills. Fitness requirements include a timed object recovery, 50 m sprint challenge, 50 m rescue drill and 400 m endurance challenge.</p>

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EXERCISE CLASSES

ACTIVE MOM AND BABY AQUAFIT



Enjoy the benefits of an aqua fitness workout with the company of other new moms, while you and your baby enjoy time together in the pool. Your baby will safely float in an infant boat.

Babies must be at least 4 months old.

AQUA THERAPY



The many benefits of AquaTherapy include improved balance and coordination, improved muscle circulation and strength, increased joint flexibility, and enhanced aerobic capacity.

This program is useful for a variety of medical conditions and rehabilitation from injuries and/or surgeries. Participants who bring a personal support worker or a family member to assist who has swimming knowledge are welcome at no additional costs. If assistance is required, please see the pool supervisor so that an instructor can be assigned to you. An additional fee will apply.

SUP YOGA



Join the TREND of YOGA on a stand-up paddle board.

Enjoy the benefits of yoga with the extra challenge of being on a stand-up paddle board in the pool. This is a great core based activity. A certified yoga instructor will teach this course.

The pool has 4 SUP boards

ADULT LESSONS

Learn to swim / Stroke improvement /
Bronze Medallion / Bronze Cross /
1:1 available

6 classes (once or twice a week times available).
Times can be arranged to suit your busy schedule.