



Level 6 Jump Right In!

Welcome to Red Cross Swim Kids!

Congratulations on choosing Canada's largest and most recognized swimming and water safety program. With an emphasis on swimming skills, water safety, and fitness activities, Red Cross Swim Kids sets the foundation for a lifetime of swimming and fitness. We're proud to offer:

- Quality instructors who train for more than 75 hours and have practical teaching experience.
- Learning made fun through games and songs in a safe environment.
- A balanced program that teaches swimming skills and how to be safe in the water.
- Seamless progression of swim classes from six years old to young teens.

What do swimmers learn in Level 6?

Everybody in the pool! In Level 6, your child will:

- Learn ice safety awareness, including when and where to go on the ice to have fun and stay safe.
- Learn to recognize a swimmer in trouble and how to throw a buoyant device to assist the swimmer.
- Maintain surface support by treading deep water for 1 minute and 30 seconds, ensuring that he or she has time to look for and get to the closest edge for safety.
- Practise the front dive – and learn when and where to dive safely.
- Learn the elementary back stroke; swimmers must synchronize the leg and arm movements for this stroke.
- Enhance strength and technical skills for the front and back crawl.
- Increase swim distance to 75 metres.

We believe your child should develop swimming skills in a fun, encouraging environment. Our Instructors use games and activities to teach and reinforce skills, help your child overcome fears, and create a positive experience.

How are swimmers evaluated in Level 6?

Our Instructors remember what it's like to be a child, and they use lots of positive reinforcement to encourage individual swimmers to improve their skills.

Success in swimming and water safety lessons can come in many different forms. Swimmers may learn new skills, increase confidence, and gain a feeling of accomplishment. They may improve on previously learned skills and achieve a personal best for the distance they can swim.

The Red Cross Swim program has carefully defined performance criteria that our Instructors follow when evaluating your child. Your child will receive a progress card outlining all of the skills he or she achieves in Level 6. Instructors encourage your child to demonstrate that he or she has truly acquired a skill by using the skill at least three times during the set of lessons.



If your child can successfully demonstrate each of the Level 6 skills, he or she will receive a **completion badge** and move on to the next level in Red Cross Swim Kids. Children who participate in the program

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and who have not yet mastered all of the Level 6 skills will receive a **Personal Best** sticker to acknowledge their improvement.

It is important to remember that all swimmers advance at their own pace. Not completing a level the first time, or even the second time, just means there are important skills to continue to strengthen. See “Practise making waves at home” and talk with your child’s Instructor about ways to support your child.

Where do swimmers go after Level 6?

As your child progresses to a new level, he or she will improve swimming skills, build endurance, and continue to focus on water safety.

In Red Cross Swim Kids Level 7, your child will learn to:

- Recognize and assist in a choking incident.
- Practise whip and eggbeater kicks.
- Increase swim distance to 150 metres.

Parents and caregivers: keep your swimmer afloat!

Even though you’re not in the water, you play an important role in Red Cross Swim Kids. Your enthusiasm and encouragement can make your child’s swim lessons a fun and rewarding experience.

Here’s how you can help:

- Support your child by praising his or her effort in the pool. Remember that children develop swimming skills at different rates.
- Bring a healthy snack and drink for your child for after the lesson to replace fluids and energy.



Practise making waves at home!

How can you build on your child’s swimming experience?

- Your child is learning a fun new entry into the pool – the front dive. Encourage your child to safely practise this new skill during family swim time.

Family Tips

- Keep up with your kids in the pool by taking adult swimming lessons! Red Cross offers AquaAdults, a program that helps adults fine-tune their strokes and increase their swimming endurance.
- Talk about diving safety with your child.
- While diving is a popular entry for youth, head-first dives should be done with caution. Knowing where it is safe to dive is an important part of what your child learns in Red Cross Swim. Encourage your child to practise this behaviour by checking out the water’s depth before diving into unknown water or pools. Most home pools are not deep enough or long enough for front dives.

Keep on swimming in Level 7!

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Swim with the best