



## Level 9 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 9?

**Everybody in the pool!** In Level 9, your child will:

- Learn rescue breathing for adults and children, building on the skills learned in level 8. Repeated exposure to rescue breathing enhances memory and increases confidence to use this skill in an emergency situation.
- Learn basic boating information related to boating regulations (such as equipment, weather, and planning) for boating trips. The emphasis is on safe behavior while boating.
- Perform a combination of stroke drills to build endurance, speed, and fitness for a variety of strokes.
- Build endurance and fitness and continue stroke development by swimming distances of 400 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 9?

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 9. 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 9 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 and who have not yet mastered all of the Level 9 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.

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## Where do swimmers go after Level 9?

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 10, your child will learn to:**

- Practise sun safety.
- Recognize drowning risks and make wise choices around the water.
- Perform a surface dive with underwater swim.
- Perform the butterfly stroke.
- Increase swim distance to 500 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:**

- Cheer on your child's accomplishment! After completing level 9, your child has only one more level to complete the Red Cross Swim Kids program.
- Bring a healthy snack and drink for your child for after the lesson to replace fluids and energy.
- Ask the instructor which skills your child should review, and then make practising fun at your local pool!

## Keep on swimming in Level 10!

Your swimmer is one step away from completing the entire program!



## Practise making waves at home!

**How can you build on your child's swimming experience?**

- Time your child as he or she uses different strokes, and encourage your child's achievement of a 500-metre swim.

## Family Tips

- **Become a stronger swimmer yourself by taking AquaAdult lessons at your pool!** This Red Cross program helps adults learn to swim or improve their swimming skills.
- As a family, get On Board with Red Cross and obtain your pleasure craft operator cards (PCOC). The Red Cross home study guide helps you prepare for the PCOC exam and provides you with the boating safety information you need to know the "rules of the road" on the water.
- Forty-three percent (43%) of drownings in Canada happen during boating. Learn how to keep your family safe and make each trip a return trip! *Source: Canadian Red Cross National Drowning Report*