

Red Cross Swim News



Starfish

Let's Make
a Splash!

Welcome to Red Cross Swim Preschool!

Congratulations on choosing Canada's largest and most recognized swimming and water safety program. While providing a positive learning experience, Red Cross Swim Preschool sets the foundation for a lifetime of swimming and fitness.

We're proud to offer you:

- 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 on the water.
- Seamless progression of swim classes from infants to young teens.

What do Starfish learn?

Get ready to get wet! In the Starfish classes, you and your child will participate in a variety of fun activities that focus on water orientation and safety:

- You'll review basic safety guidelines for supervising children in and near water.
- You'll learn techniques to help your child have fun in the water.
- Your child will learn a variety of movement skills in the water by participating in fun activities with you.
- You and your child will participate in games and songs designed to make learning fun.

How are Starfish evaluated?

The Starfish level of Red Cross Swim Preschool is based on participation. There are no skill evaluations here – just lots of positive reinforcement.

Your child will be encouraged to participate in all activities. When your child attempts a skill, it will be recorded in his or her Personal Record Booklet.

At the conclusion of Starfish classes, **all swimmers will receive a fun sticker for participating.**



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Swim with the best

Where do Starfish go from here?

Children move through the first three levels of Red Cross Swim Preschool based on their age. After completing Starfish (the first level in Red Cross Swim Preschool), children who are at least 16 months old may attend Duck classes (Level 2 of Red Cross Swim Preschool) with a parent or caregiver.

Children who complete Starfish but are not yet 16 months old are encouraged to enroll in the Starfish level again. You and your child can participate in the Starfish level a number of times during his or her development and share a new experience every time.

Parents and caregivers: jump right in!

You play an essential role in the Preschool Swim Program. Your enthusiasm and guidance can make your child's swim lessons a fun and rewarding experience.

Here's how you can help:

- Supervise your child at all times.
- Get wet and enjoy the program with your child.
- Be ready to try new skills with your child.
- Help your child develop a healthy respect for water while having fun.
- Understand that children develop swimming skills at different rates.
- Act as a positive role model.

Success tips for your Starfish

- Do not use bulky diapers. Diapers or pool pants made especially for swimming are recommended.
- Put a light t-shirt on your child if you think he or she may get cold.
- Try to avoid scheduling swim lessons close to meal or nap times.



Practise making waves at home!

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

- Encourage your child to continue exploring the water during bath time.
- Work on rhythmic breathing / breath control – close mouth above and the under water; and exhale through the mouth.

Family tip

Put safety first – never leave your child unattended in the bathtub or near water. Drowning is one of the leading causes of death for Canadian children aged one to four, and the most common location for infant drownings is the bathtub. Your supervision is the key to your child's safety.

Source: Canadian Red Cross National Drowning Report

Next...



Duck