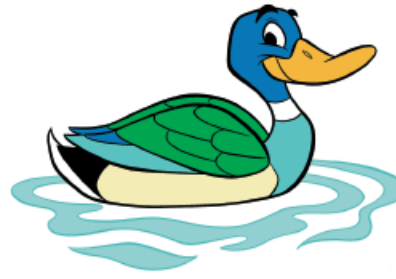


Red Cross Swim News



Duck
Let's Splash
Together!

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:

- Quality Instructors who train for more than 75 hours and have practical teaching experience.
- Learning made fun through songs and games 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 infants to young teens.

What do Ducks learn?

Get ready to make a splash! In Duck classes, you and your child will participate in a variety of fun activities that focus on water orientation and safety:

- You'll learn techniques to help your child become comfortable in the water.
- You and your child will participate in games and songs designed to make learning fun.
- You'll learn how to recognize and respond to a choking incident.
- With your help, your child will learn how to use floating objects for support.
- You'll help your child become comfortable floating on the water's surface.
- You and your child will be introduced to personal floatation devices, and you'll learn how they should fit your child.

How are Ducks evaluated?

The Duck 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 Progress Booklet.

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



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Swim with the best

