

Red Cross Swim News



Sea Turtle Let's

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 Sea Turtles learn?

Get ready to jump right in! In Sea Turtle classes, your child will participate in a variety of fun activities that focus on water orientation and safety. Your child will:

- Practise kicking on front using a floating object for support.
- Learn to jump into chest-deep water safely – after getting permission from a parent or Instructor.
- Explore under the water by holding his or her breath and blowing bubbles underwater – one of the first steps in learning to swim.
- Begin learning the basics of the front swim.
- Learn how to stay safe in, on and around the water.

How are Sea Turtles evaluated?

The Sea Turtle level of Red Cross Swim Preschool is the beginning of skills evaluation for preschool swimmers.

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.

The Instructor will continuously monitor and evaluate your child's progress. Your child must master each of the Sea Turtle skills before moving to Salamander. If your child has not yet mastered all of the skills required to move to Salamander (Level 4), or is not yet three years old, he or she may repeat Sea Turtle*. Children who are six years old or older are ready for the appropriate level of Red Cross Swim Kids.

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



** It is important to remember that all swimmers advance at their own pace. Not completing a level the first or even the second time just means some important skills need to be strengthened before moving to the next level. See "Practise Making Waves at Home" for more information on how to support your child.*

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Swim with the best

Where do Sea Turtles go from here?

Children move through the first two levels of Red Cross Swim Preschool based on their age. After successfully completing Sea Turtle (the third level of Red Cross Swim Preschool), children who are at least three years old are eligible for levels 4 – 7 (Salamander, Sun Fish, Crocodile and Whale).

In Levels 4 – 7 of Red Cross Swim Preschool, swimmers are grouped by skill level rather than age. (All swimmers in levels 4 – 7 are three to five years old.) In these levels, swimmers must master specific skills before moving on to the next level.

In Salamander (Level 4), your child will learn to:

- Swim two metres.
- Stay afloat for five seconds.
- Open his or her eyes underwater.
- Float on front and back without assistance.
- Perform front, back and rollover glides.

Parents and caregivers: keep your swimmer afloat!

Whether you're in the water or not, you play an essential role in Red Cross Swim Preschool. Your enthusiasm and guidance can make your child's swim lessons a fun and rewarding experience.

Here's how you can help:

- Understand that children develop swimming skills at different rates.
- Be enthusiastic and encouraging to boost your child's confidence as you move from being in the water to watching your child take lessons independently.
- Act as a positive role model.
- Support your child by praising his or her effort in the pool.

Success tips for your Sea Turtle

- Bring a light snack and drink for your child. Kids are often hungry and tired after a lesson.
- Talk to the Instructor before class if you are concerned that your child may experience separation anxiety. You and the Instructor can come up with strategies to help your child transition from a parent-child class to an Instructor-led class.
- 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?

- Ask your child to repeat songs from class to reinforce the positive experiences.
- Take your child to public or family swims to increase his or her comfort level and confidence in the water.

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

