

Red Cross Swim News



Salamander

You Can Jump Right In!

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 Salamanders learn?

Jump on in! In Salamander classes, your child will:

- Learn to swim a distance of two metres. For beginning swimmers, coordinating this movement is a great accomplishment!
- Stay afloat for five seconds – this is an important self-safety skill.
- Learn to jump into chest-deep water safely – after getting permission from a parent or Instructor.
- Open his or her eyes underwater – a necessary skill for finding the way to the surface.
- Float on his or her front and back without assistance.
- Perform front, back and rollover glides.
- Learn how to stay safe in, on and around the water.

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

How are Salamanders evaluated?

Swimmers move through levels 3 – 7 of Red Cross Swim Preschool based upon their skills achieved at each level.

Our Instructors remember what it's like to be a child, and they use lots of positive reinforcement to help individual swimmers to improve their skills. 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 Salamander skills before moving to Sunfish. If your child has not yet mastered all of the skills required to move to Sunfish (Level 5), he or she may repeat Salamander*. Children who are six years old or older are ready for the appropriate level of Red Cross Swim Kids.

At the conclusion of Salamander classes, **all swimmers will receive a fun sticker.**



** 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 Salamanders go from here?

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 Sunfish (Level 5), your child will learn to:

- Swim five metres
- Jump into chest-deep water and maintain surface support for five seconds
- Stop! Look! Ask! an adult before entering the water
- Float on front and back in deep water
- Perform front, back and rollover glides with kicking

If your child is ready for Red Cross Swim Kids, please check with your Instructor or facility for a description of the appropriate level.

Parents and caregivers: keep your swimmer afloat!

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

Here's how you can help:

- Encourage your child to use the bathroom before swim lessons.
- Understand that children develop swimming skills at different rates.
- Support your child by praising his or her effort in the pool.

Success tips for your Salamander

- 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 without you there. You and the Instructor can come up with strategies to help your child transition from a parent-child class to an Instructor-led class.
- Put a light, close-fitting t-shirt on your child if you think he or she may get cold.



Practise making waves at home!

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

- Take your child to public or family swims to increase his or her comfort level and confidence in the water.
- Ask your child to repeat a game or song from class in the bath to reinforce the positive experiences.
- Review water safety tips for your home.

Family Tips

- **Put safety first** – never leave your child unattended near a pool or any body of water. Most pool drownings occur during the momentary absence of a caregiver. These incidents mainly involve young children who are playing or walking near a home pool without a self-closing and self-latching gate. *Source: Canadian Red Cross National Drowning Report*
- **Share the joy of swimming with your child by taking AquaAdults at your pool!** This Red Cross program helps adults learn to swim or improve their swimming skills.

