



## Achieve your best with every stroke

Red Cross Swim Kids teaches more than swimming skills – it allows kids to strive for and reach their personal best.

Our well-trained instructors offer a balanced program of swimming and water safety skills that allow youth to learn alongside their peers in a fun and encouraging environment.

Your children are rewarded along the way with badges, stickers, and life-long skills.

### Learn and have fun at every level

Red Cross Swim Kids is ideal for swimmers of all levels, even those who have little or no previous experience.

- \* Children start at about age six, and continue through the 10 levels. Your child can seamlessly move from one level to the next, based on his or her own development as a swimmer. Every child progresses at a different rate, and it is not uncommon for children to repeat a level in order to strengthen a particular skill.
- \* Through drills and distance swimming kids learn **all six strokes** and develop proper breathing and swimming techniques while building endurance and embracing a healthy lifestyle.
- \* **Water safety** is important for all age groups. We teach skills ranging from self-rescue and preventing injuries to boating safety and diving.
- \* Red Cross Swim is also about **fun!** Songs, games, and learning alongside peers, all combine to create a rewarding and enjoyable experience.

### Valuable feedback and student recognition

#### *Red Cross Swim News*

Parents of all swimmers receive Red Cross Swim News. This publication helps parents play an active role in their child's development in the water. Learn how to boost their confidence and continue to develop their skills in and out of the water.

#### *Progress Card*

Red Cross Swim Kids provides a progress card to inform parents of their child's achievements throughout all 10 levels of the program.

#### *Rewards*

At the graduation of each level, children can celebrate their accomplishments as they receive a completion badge. Kids are also rewarded with personal best stickers for achievements in time or distance.

[www.redcross.ca](http://www.redcross.ca) | 1.877.356.3226



10-level program for ages 6 years and up

Swim with the best