



Red Cross Swim Preschool Programs

All of our preschool programs include songs and play opportunities to enhance the water orientation experience.



Starfish Aged 4 - 18 months. Orientation to water for babies and caregiver. Babies must be able to hold their heads up. Work on buoyancy and movement through songs and play and learn about water safety.



Duck 18 - 30 months. Orientation to water for toddlers & caregivers. Learn how to use floating objects for support through games, songs and active play. Caregiver learns age-specific water safety.



Sea Turtle 30-36 months. Transitional level where preschooler is transferred from the care of the parent to the instructor. Learn through games and songs the basics of front swim, kicking, breath control and jumping into chest deep water.

NEW in 2011!!



Sea Otter 3-5 years. Introducing a new level for children to transition to unparented levels. This will replace our current unparented Sea Turtle. Watch for this class in the near future!



Salamander 3-5 years. Swimmers learn to swim 2 m, float unassisted for 5 seconds, and use PFDs. Swimmers are evaluated on performance criteria and must complete it before moving to next level.



Sunfish 3 - 5 years. Swimmers learn to swim 5 m, float w/o assistance in deep water, and jump into chest-deep water while maintaining surface support for 5 seconds. Safety skills include deep water skills. Criteria must be met before moving on.



Crocodile 3 - 5 years. Swimmers learn to swim 5 m on their front and back, perform dolphin kick and begin using rhythmic breathing. Safety skills include recognizing when a swimmer needs help. Criteria must be met before moving on.



Whale 3 - 5 years. Swimmers learn to swim 10m, jump into deep water while maintaining surface support for 20 seconds and perform front and back crawl for 7 metres. Safety skills include identifying safe swimming areas, jumping into deep water and changing direction in deep water.