






# red cross swim kids LEVEL DESCRIPTIONS



LEVEL	AGE	DESCRIPTION
<b>Duck/ Sea Turtle</b> 	18-36 months	Orientation to water for toddlers and their parent/caregiver. Swimmers learn how to use floating objects for support and explore different water movements through games, songs and active water play. The parent/caregiver also learns age-specific water safety. Swimmers learn, through fun games and songs, how to combine skills, how to kick with a buoyant object and how to perform basic floats, glides and kicks. This level is participation-based only, without formal evaluation.
<b>Sea Otter</b> 	3-5 years	Transitional level that transfers the preschooler to the care of the instructor. All skills are assisted by the instructor. Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim 1 metre. They also learn age-appropriate water safety skills. Swimmers are evaluated based on performance criteria and progress to Salamander once all criteria have been successfully completed.
<b>Salamander</b> 	3-5 years	Swimmers enter this level when they have successfully completed Sea Otter. Using games and activities, swimmers learn to swim 2 metres, further develop basic floats and increase their distance on front and back glide. Front swim and roll-over glide are also included, and swimmers learn appropriate water safety skills such as how to jump into chest-deep water and how to use a Personal Flotation Device (PFD). Safety skills development includes water orientation, safe entries and exits and only swimming when an adult is present. Swimmers are evaluated based on performance criteria and progress to the Sunfish once all criteria have been successfully completed.
<b>Sunfish</b> 	3-6 years	Swimmers enter this level when they have successfully completed Salamander. Using games and activities, swimmers learn to swim 5 metres, increase their distance using buoyant objects, increase their distance on front and back glide with kick and develop their roll-over glide. Side glide and front swim. Safety skills include deep water skills and use of a Personal Flotation Device (PFD). Safety skills development such as water orientation, safe entries and exits and always asking permission before going near water. Swimmers are evaluated based on performance criteria and progress to the Crocodile once all criteria have been successfully completed.
<b>Crocodile/ Whale</b> 	3-6 years	Swimmers enter this level when they have successfully completed Sunfish. Through games and activities, swimmers learn to swim up to 10metres on their front and back, perform a dolphin kick and begin using rhythmic breathing. They also progress with kicking drills, flutter kick, and increase their swimming distance to 15 metres. Safety skills include jumping into deep water and performing surface support for up to 20 seconds, recognizing when a swimmer needs help and using a Personal Flotation Device (PFD) in deep water, throwing assists and sitting dives. Children 6 years and older are ready for the appropriate level of Swim Kids.
<b>Level 1</b>	5-12 years	Swimmers receive an orientation to water and the pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the 5m front swim.
<b>Level 2</b>	5-12 years	Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers work on the front swim (5m) and learn about deep-water activities and proper use of a Personal Flotation Device (PFD). Fitness activities include the 10m flutter kick and a 10m distance swim.
<b>Level 3</b>	5-12 years	This level provides an introduction to diving, and teaches swimmers how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15-metre swim.
<b>Level 4</b>	6+ years	This level introduces the front crawl (10m) and back swim with shoulder roll (15m). Swimmers work on kneeling dives, surface support (45 seconds, deep water) and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25m swim.
<b>Level 5</b>	6+ years	This level introduces the back crawl (15m), sculling skills, whip kick on the back, stride dives and treading water. Front crawl increases to 15m. An introduction to safe boating skills is also included. Endurance is developed through a 50m swim.
<b>Level 6</b>	6+ years	This level refines front crawl with a focus on hand entry and breathing (25m), back crawl with a focus on arm positions and body roll (25m), and introduces elementary backstroke (15m), safety on ice, and rescue of others with throwing assists. Swimmers demonstrate the front dive and their ability to tread water in deep water for 1½ minutes. Endurance is built through dolphin kick and a 75m swim.
<b>Level 7 / 8</b>	6+ years	This level builds skills and endurance for the front crawl (50m), back crawl (50m), elementary back stroke (25m) and whip kick on the front is introduced. Swimming endurance is increased to a 150m swim. Breast stroke is introduced and feet-first surface dives. Swimmers learn about the dangers of open water, hypothermia, the performance of rescue breathing on children and adults, standing shallow dives and stride entries. Swimmers participate in timed treading water activities using the eggbeater skill for 3 minutes. Endurance is built on a 300m swim. Front crawl and back crawl distances are increased to 75m each.
<b>Level 9 / 10</b>	6+ years	This level refines the front crawl (100m), back crawl (100m), elementary back stroke (50m) and breast stroke (50m), sidestroke (25m) for final assessment. Swimmers learn about sun safety, rescue of others from ice, and head-first and feet-first surface dives. Endurance is built using the dolphin kick (vertical) and a 500m swim.



**GENERAL INFORMATION**

**FALL:**

Tuesday Start Date: **Sept. 25, 2018**  
 Wednesday Start Date: **Sept. 26, 2018**

**WINTER:**

Tuesday Start Date: **Jan. 15, 2019**  
 Wednesday Start Date: **Jan. 16, 2019**

All classes are 8 weeks in duration

**Student Instructor Ratios:**

- Preschool **6:1**
- Swim Kids **8:1**
- Semi Private\* **3:1**
- Private\* **1:1**

**Pricing:**

- 30 Minute Lessons **\$85**
- 45 Minute Lessons **\$88**
- Semi Private Lessons (30 Min) **\$140**
- Private Lessons (30 Min) **\$200**

**NEWMARKET INN POOL**

**1866 Yonge St.,  
 Holland Landing, ON L9N 0J2**

DAY	LEVEL	TIME	FALL	WINTER
TUESDAY	Sea Otter	5 to 5:30 p.m.	6813	6838
	Crocodile/Whale	5 to 5:30 p.m.	6814	6839
	Sunfish	5:30 to 6 p.m.	6817	6842
	Sea Otter	5:30 to 6 p.m.	6816	6841
	Salamander	6 to 6:30 p.m.	6815	6840
	Level 1	6 to 6:30 p.m.	6818	6843
	Level 3/4	6:30 to 7 p.m.	6819	6844
	Private	6:30 to 7 p.m.	6820	6845
	Semi Private – Level 1/2	7 to 7:30 p.m.	6821	6846
	Private	7 to 7:30 p.m.	6822	6847
	Semi Private – Level 5/6	7:30 to 8 p.m.	6823	6848
Private	7:30 to 8 p.m.	6824	6849	
DAY	LEVEL	TIME	FALL	WINTER
WEDNESDAY	Salamander	5 to 5:30 p.m.	6825	6850
	Level 2	5 to 5:30 p.m.	6827	6852
	Sea Otter	5:30 to 6 p.m.	6826	6851
	Semi Private – Level 3/4	5:30 to 6 p.m.	6828	6853
	Private	6 to 6:30 p.m.	6829	6854
	Semi Private – Level 7/8	6 to 6:30 p.m.	6830	6855
	Private	6:30 to 7 p.m.	6831	6856
	Sunfish	6:30 to 7 p.m.	6832	6857
	Crocodile/Whale	7 to 7:30 p.m.	6833	6858
	Semi Private – Level 1/2	7 to 7:30 p.m.	6834	6859
	Level 5	7:30 to 8:15 p.m.	6835	6860
Level 6	7:30 to 8:15 p.m.	6836	6861	