

## CHILDREN'S SWIM PROGRAMS

## Lesson Descriptions

### 6 months to 3 years

**Parent and Tot** Introduction to swimming skills through games and songs, parent participation required.

### 3 to 5 years

**Bobbers**  
*Seaturtle* ♦ We introduce the child to breath control, face-in progressions and assisted floats.

**Floaters**  
*Salamander/Sunfish* ♦ We introduce the child to rhythmic breathing, moving from assisted to unassisted floats on front and back.

**Gliders**  
*Crocodile* ♦ The child builds swimming skills from floats to glides to kicks on front, back and side.

**Divers**  
*Whale* ♦ We introduce the child to front swim using arms and legs (20m), deep water and surface support.

**Surfers** ♦ We introduce the child to diving into deep water and front and back crawl (15m swim).

### 6 to 12 years

**Otter**  
*Swim Kids 1 & 2* ♦ Water animation, submersion, front and back floats, front glide and kick, and 5 metre swim.

**Seal**  
*Swim Kids 3* ♦ Introduction to front swim, side kicking, deep water orientation, surface support, breath control, back glide with kick, 10 metre swim on front and back.

**Dolphin**  
*Swim Kids 4* ♦ Front crawl, back crawl, deep water skills, treading water, 25 metre swim.

**Swimmer**  
*Swim Kids 5* ♦ Front crawl, back crawl, deep water skills, treading water, 50 metre swim.

### 6 to 13 years

**Star 1**  
*Swim Kids 6* ♦ Front crawl, back crawl, treading water, stride jump, underwater swim, front somersault, 75 metre swim.

**Star 2**  
*Swim Kids 7* ♦ Shallow dive, sculling and 150 metre swim Continue to develop front and back crawl, intro to whip kick.

**Star 3**  
*Swim Kids 8* ♦ Back stroke, back stroke turn, foot first surface dive, foot first sculling and 300 metre swim.

**Star 4**  
*Swim Kids 9* ♦ Side stroke, eggbeater kick, head first surface dive, breast stroke start and turn, 400 metre swim.

**Star 5**  
*Swim Kids 10* ♦ Lifesaving kick, synchro skills, freestyle turn and 500 metre swim.

**Star 6** Butterfly, synchro and water polo skills, proficiency strokes, 600 metre swim.

**Master Swimmer** Increase knowledge and rescue performance, including removal of unconscious victim. Further develop swimming stroke proficiency; endurance swim of 700 metres; assist with teaching swimming to others.

**Youth Masters Swim Club** A swim for youth to practice their strokes, challenge their speed and increase their endurance.

♦ Red Cross equivalent